



• • Høødee døødee, ver friske vinderfliven yøøbetcha! Tøødee, makeen dee Sweedee Meetee Bøøøls, der yümeroooski liken Moome üüsttee makeee! Scråøømiulisieeous! Zø flippenn mit der gøørpinn un dee vārgin vøøt dee schmeellink, cüz vee lipee smackëe zinkle fūr øø! Høkskee fūüünn & bøn appettoøtéé! ~ The Swedish Chef!

# SWEDISH CHEF'S TURKEY MEATBALLS

**EDITOR'S NOTE:** If that introduction made no sense to you, congratulations! It made no sense to us either. So we had our team of top notch researchers work round the clock to translate it. As soon as they stopped staring at the clock and listening to that soothing "tick-tock-tick-tock", they decided that the Swedish Chef was just telling you that this is his world famous Swedish (Chef) Meatball recipe for making the most "Scråøømiulisieeous" Swedish meatballs ever! Just like mom (or at least the Chef's mom) used to make. We tried it, and agree that with the Chef. This recipe is "lipee smackëe zinkle fūr øø!". So have fun and bøn appettoøtéé!

## SWEDISH CHEF'S ORIGINAL RECIPE

### YOU WILL NEED:

- |   |                              |
|---|------------------------------|
| 2 slices whole wheat bread,<br>torn into small pieces | 1 tsp. dijon mustard         |
| 1/4 cup nonfat or low-fat<br>milk                     | 1/4 tsp. nutmeg              |
| 1 small onion, finely chopped                         | 1/8 tsp. garlic powder       |
| 2 Tbs. butter divided                                 | <i>for gravy:</i>            |
| 3/4 tsp. kosher salt                                  | 2 tsp. butter                |
| 1.5 lbs ground lean dark<br>turkey                    | 1/4 cup flour                |
| 1 large egg   | 3 cups boiling chicken broth |
| 1/2 tsp. pepper                                       | 1/4 cup cream                |
|   | <i>side:</i>                 |
|   | Lingonberry Jam              |

### TO PREPARE: ADULT SUPERVISION REQUIRED

#### MEATBALLS:

**1)** Preheat oven to 300° F. **2)** Place bread pieces in a small bowl, add milk and let soak. **3)** In a saute pan on medium low heat, melt one tablespoon butter. Gently saute your onions until translucent, about five minutes. Set aside too cool. **4)** In large bowl combine turkey meat, egg, salt, pepper, dijon mustard, nutmeg and garlic. Stir well, then add bread crumbs and cooled onions. Mix until well incorporated. **5)** Heat a large skillet on medium heat and melt additional tablespoon butter. Then, working in small batches, brown the meatballs on all sides. Once browned, remove each with a slotted spoon and place into a buttered baking dish. **6)** Place browned meatballs in oven. Bake for 15 minutes, stir, then continue to bake another 15 minutes. 30 minutes baking time total.



#### GRAVY:

**1)** Add 2 tablespoons butter to the same pan you browned meatballs in and turn up heat to medium-high. **2)** When butter is melted, sift flour in very slowly and constantly stir mixture with spatula. The mixture will start to seize up and get lumpy, keep stirring and begin to slowly add hot broth a quarter cup at a time. **3)** Once all the broth is incorporated and the mixture is smooth and thick slowly add cream. **4)** Season to taste with salt and pepper and serve immediately.

**Serve with a side salad and a small amount of gravy. Makes 8 servings, 3 meatballs per serving.**

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