Royal Swedish Meatballs with Parsley Dressed Carrots

Food category: **Main Course** (all recipes within this category)
Main ingredient: **Beef** (all recipes with this ingredient)
Chef: **Tina Nordström** (all recipies from this chef)
Episode: **Royal Swedish Meat Balls** (about this episode)

Ingredients for serving 4 persons

Meatballs:
1 pound (500 grams) ground meat
3 slices white bread
1/2 cup (1 1/2 dl) milk
1 egg
3/4 cup (2 dl) finely chopped leeks
Butter and oil for frying

Dressed carrots:
10-12 small carrots
Water
Salt and pepper
1 tablespoon butter
1 finely chopped red onion

Parsley Sauce
2 tablespoons butter
2 tablespoons flour
1 1/4 cups (3 dl) milk
1/2 cup (1 dl) chopped parsley
Salt and pepper

This is how you do it

Meat Balls:
Mix the egg and the milk in a bowl. Cut off the crust of the bread and place in the bowl so that the bread soaks up the liquid and gets mushy. Mix in the ground meat and the leek. Season with salt and pepper and let it rest for 10 minutes. With wet hands, make small balls of the mixture. Fry them in oil and butter for 10 minutes. Make sure that they are done by testing one.

Parsley dressed carrots:
Scrub or peel the carrots. Put them in a pot and cover with water. Season with salt and pepper. Boil until soft.

Sauce:
Melt the butter in a pan and add the flour. Whisk in the milk. Let in boil for about 10 minutes. Stir every now and then. It should be thick and creamy. Season with salt and pepper. Before serving, sieve off the water from the carrots. Mix the carrots with parsley and onion in the sauce. Season with salt and pepper. Serve with lingonberries (or cranberries if you can't find lingonberries.)

Wine and Drinks

The royal Swedish meatballs are lovely and and that is exactly what the wine should be.. you do not have to be too picky.

Economy: beer
Mid-range: Wine from southern Italy, Califor South Africa or Australia.
Gourmet: Barbareso, Italy.

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