

# Maine Arts Camp

Recipe: Swedish Meatballs over Egg Noodles

Chef: Charlie Limoggio CEC

Servings: 6

Quantity	Unit	Ingredient	Prep Notes
2	Cups	Fresh bread crumbs**	
2/3	Cup	Milk	
½	Cup	Onion	Minced
4	Tablespoons	Butter	Divided
1 ½	Pounds	Ground beef or veal	
3	Large	Eggs	Beaten slightly
2	Teaspoons	Kosher salt	
½	Teaspoon	Ground black pepper	
¼	Teaspoon	Ground nutmeg	
1	Teaspoon	Paprika	
1	Tablespoon	Concentrated meat extract***	
3	Tablespoons	Flour	
1	Cup	Water	
1	Cup	Sour cream	
2	Tablespoons	Fresh parsley	Minced
12	Ounces	Egg noodles	Cooked al dente

1. Soak bread crumbs in milk until well softened.
2. Add onion to 1 tablespoon butter in small saucepan and cook slowly 3 minutes. Mix softened bread, cooked onion and meat. Add eggs, salt, pepper, nutmeg and paprika. Mix thoroughly until very smooth and light.
3. Shape meat into small balls, dusting the hands with flour while shaping the balls. Melt remaining 3 tablespoons butter in large frying pan. Add meat balls and fry until golden brown all over. Remove from pan and add meat extract and 3 tablespoons flour. Stir until well blended. Add water, and a few grains of pepper. Cook, stirring constantly until thickened. Reduce heat to very low and cook 5 minutes. Stir in sour cream, a rounded tablespoon at a time, stirring until thoroughly blended after each addition of sour cream. Return meat balls to gravy, cover pan and simmer very gently 10 minutes. Serve over cooked egg noodles. Sprinkle with minced parsley.

\*\* Trim crusts from white bread and either process in food processor until fine or chop small.

\*\*\* If beef base is not available in your supermarket, eliminate the concentrate & water and substitute canned beef broth.

**Please note: Volume and weight are not interchangeable. If the recipes calls for ounces, the ingredient is to be weighed. If it says fluid ounces, then it is by volume and is to be measured in cups, ½ cups etc.**