

IKEA's famous Meatballs with Swedish Cream Sauce

Ingredients for Meatballs (16-20):

500g beef mince, 250g pork mince,
1 finely chopped onion, 1 clove of garlic (crushed or minced),
100g breadcrumbs, 1 egg,
5 tablespoons of whole milk, Salt & pepper to taste.

Ingredients for Swedish Cream Sauce:

Dash of oil, 40g butter,
40g plain flour, 150ml vegetable stock,
150ml beef stock, 150ml thick double cream,
2 teaspoons soy sauce, 1 teaspoon Dijon mustard.

Method - Meat Balls:

Mix the beef, pork, onion, garlic, breadcrumbs, egg and milk then season well.
Shape into small balls and refrigerate for two hours.
Brown them in the hot oil in a frying pan, then place in a covered dish in the oven at 180c (160c fan) for 30 minutes.

Method - Swedish Cream Sauce:

Melt the butter in a frying pan, whisk in the flour and stir for two minutes.
Add the stock and keep stirring.
Add the cream, soy sauce and mustard then simmer and stir as it thickens.
Enjoy with mashed or new potatoes and green vegetables.

This yummy recipe has been IKEA's secret for many years but was released one month into lockdown and published by the Daily Mail. It has been Tried & Tested by Ann McPhie remembering her Swedish friend, Bee who always loved going food shopping in IKEA!

