

Finnish Meatballs

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These meatballs are wonderfully rich, served with a creamy sauce that they're cooked in, making them tender and soft.

Ingredients:

450g minced beef
120ml double cream
50g butter
1 onion
1 egg
Salt and pepper
1 tsp. ground allspice
2 tbsp. plain flour
400ml milk
120ml double cream

Directions:

1. Finely chop the onion.
2. In a large bowl, place the minced beef, 120ml double cream, onion, egg, salt and pepper and allspice.
3. Work the mixture together with your hands and then form it into meatballs.
4. Melt the butter and then cook the meatballs in the butter until browned. Remove them from the pan and set them to one side, keeping the butter in the frying pan.
5. Tip in the flour and stir quickly, and cook the flour out for about five minutes.
6. Add in the milk, a little at a time, stirring constantly to prevent any lumps.
7. Add the cream and bring the mixture to a simmer.
8. Once simmering, add the meatballs and cook for around 20 minutes.
9. Serve the meatballs with the sauce spooned over the top.

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