

## *Norwegian Christmas Meatballs and Cream Sauce*



### **Ingredients, Meatballs:**

- 2 tablespoons unsalted butter
- 1 medium yellow onion, finely chopped
- 2 teaspoons chopped fresh sage, about 4 leaves
- 2 ounces crustless white country bread, cubed (about 1 1/2 cups cubes)
- 1/3 cup whole milk
- 12 ounces 80/20 ground beef
- 12 ounces ground pork
- 2 tablespoons chopped fresh Italian parsley
- 1 teaspoon kosher salt
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground ginger
- 1/4 teaspoon freshly grated nutmeg
- 1 large egg, beaten

### **Ingredients, Gravy:**

- 3 tablespoons unsalted butter, plus 1 tablespoon
- 2 teaspoons chopped fresh sage, about 4 leaves
- 1/4 cup all-purpose flour
- 3 cups low-sodium beef stock
- 2 teaspoons Worcestershire sauce
- Kosher salt and freshly ground black pepper, to taste
- 1/4 cup full fat sour cream
- 2 tablespoons chopped fresh Italian parsley
- Mashed Potatoes, for serving (optional)
- Lefse, for serving (optional)

### **Method, Meatballs:**

1. Melt the butter in a large nonstick skillet over medium low heat. Add the onions, sage, and cook, stirring occasionally, until deep golden, 15 to 18 minutes. Remove to a small bowl to cool. Wipe the skillet clean with a paper towel, no need to wash.

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2. While the onions cool, add the bread cubes to a large bowl. Drizzle the milk over and toss to saturate it. Let sit until the bread is softened, about 5 minutes. Squeeze the bread through your fingers to make a paste. Add the beef, pork, parsley, salt, allspice, ginger, nutmeg, egg, and cooled onions. Mix well with your hands. Roll into meatballs about 1½ inch in diameter (or use a small ice cream scoop - about 2 tablespoons in volume) and rest on a baking sheet or large plate. You should get about 20 to 22 meatballs.
3. For the sauce: Melt 3 tablespoons of butter in the over medium heat. When the butter is melted, brown the meatballs all over, in batches, removing them to the plate or baking sheet as they brown, about 4 minutes per batch. (Do not worry if they are not cooked through at this point, they will cook more in the sauce.)
4. Once all the meatballs are out of the pan, add the remaining 1 tablespoon of butter and melt. Add the sage and cook until sizzling, about 30 seconds. Sprinkle in the flour and stir to make a paste. Cook to lightly toast the flour, 1 to 2 minutes. Whisk in the beef stock and Worcestershire sauce until smooth. Adjust the heat so the sauce is simmering and season with salt and pepper to taste.
5. Add the meatballs and simmer, stirring occasionally, until the sauce has thickened and the meatballs are cooked through, 8 to 10 minutes. Turn off heat.
6. Scoot a few of the meatballs to the side to make a space in the pan and whisk in the sour cream until smooth. Sprinkle with the parsley and serve over mashed potatoes if desired and the lutefisk on the side. Lefse (optional) too, of course.