**Swedish Meatballs**

**Meatballs (for 2 people):**

125 g ground beef

50 mL bread crumbs

1 chunk onion, finely minced

½ egg

1mL salt

few grains nutmeg

1) Combine all ingredients in a bowl.

2) Shape into balls.

4) Place on a lined cookie sheet and bake at 350 for 15-20 minutes. (no pink, 170 F)

**Sauce (for 2 people):**

15 mL margarine

1 small piece onion

15 mL flour

5 mL stock paste or ¼ cube

125 mL water

3 mL worcestershire sauce

15 mL sour cream

sprinkle-white pepper and nutmeg

1. Melt margarine in the fry pan with meatball drippings.
2. Add onion and cook until lightly brown (low-med heat).
3. Add flour, cook for 1 minute.
4. Add paste (or cube) to water, then add to roux gradually.
5. Add worcestershire, sour cream, white pepper and nutmeg.
6. Add meatballs. Heat for 2-4 minutes until heated through.

**Mashed Potatoes (for 4):**

1) Bring a pot of water to boil.

2) Peel and quarter potato.

3) Place in boiling water, cook until fork tender.

4) Drain, add 10 mL margarine, 25 mL milk, salt and pepper.

5) Use a pastry blender and mash away! Blah to lumps!

**I can:**

**-Handle raw meat safely and clean up using**

**proper food handling techniques.**

**-Break down a complex recipe into smaller steps.**