

Meatball Sauce

<i>Servings</i>	<i>Preparation Time</i>	-	<i>Cooking Time</i>	-
4+ People	5 minutes	-	15 minutes	-

Traditional sauce that goes with the meatballs. My version is a little spicier than a traditional one. I find it perfect with my recipe and the dark spicy sauce is well balanced with

Ingredients

European Measurements	US Measurements
100g butter	3.5 oz. butter
3-4 tbsp. white flour	3-4 tbsp. white flour
½ tsp. pepper	½ tsp. pepper
½ tsp. salt	½ tsp. salt
6-8 dl. milk	3-4 cups milk
2 tsp. sauce browning	2 tsp. sauce browning
Fat from fried meatballs	Fat from fried meatballs

Directions

1. Melt butter and mix in "fat" from frying the meatballs.
2. Make sure to "brown the butter. You want a little burned taste to this sauce.
3. Add and mix in white flour.
4. Add 1 cup of milk, and stir until it thickens. Repeat this action until it has a silky consistence.
5. Add salt and pepper.
6. Add sauce browning.
7. Add a little milk or heavy cream to thin out the sauce.

You could find out more about this recipe and a video on how to make it at <http://www.chefnorway.com>.

There's lots of delicious recipes at the website with a video showing you how to make every recipe in English. (Click to view)

