

Norwegian Meatballs

Servings	Preparation Time	Cooking Time
4+ People	15 minutes	35 minutes

There are many recipes that Norwegians consider as a national dish. This might be the one many of the elderly would say was their favorite. We say you have to go home to mom's meatballs to feel at home in Norway. Every recipe is a little different, but consist of mostly the same ingredients. It's important for a Norwegian household to have their own special recipe. I've looked through my family recipes, and modernized the tastes for this recipe, including a little more spiciness with cayenne pepper, and I use heavy cream instead of milk.



Ingredients

European Measurements	US Measurements
400g ground beef	14 oz. ground beef
3 tbsp. corn flour	3 tbsp. corn flour
1 tsp. salt	1 tsp. salt
1 tsp. pepper	1 tsp. pepper
½ tsp. cayenne pepper	½ tsp. cayenne pepper
1 dl. heavy cream	½ cup heavy cream
100g butter for frying	3.5 oz. butter for frying

Directions

1. Add ground beef to a mixer
2. Add corn flour, salt, pepper and cayenne pepper.
3. Mix quickly and add heavy cream.
4. Continue mixing for a minute.
5. Melt butter in a frying pan.
6. Scoop meatballs with a tablespoon and fry them at mid-high heat.
7. Brown meatballs on all sides until they are cooked through.
8. When you are done frying, set the meatballs to the side on a plate or just in the pan.
9. Make the meatball sauce.
10. Add the meatballs in with the sauce, and keep at low temperature.

Normally this dish would be served with potatoes and carrots. I use my spicy potato recipe and add carrots with it. You could find this at chefnorway.com. Garnish with lingonberry jam, or pickled beets.

Meatball Sauce

Servings	Preparation Time	Cooking Time
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.

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 in white flour and whisk.
4. Add 1-2dl (a 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 the sauce.

If you want extra flavor I could suggest using some bouillon cubes.

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)

