

She saw a post on Facebook about a bag of Swedish Meatballs at a well known frozen foods store. Clearly I immediately went out a bought them, not??

Ingredients:-

50g of Breadcrumbs (Gluten free for us)
120ml of Milk (Lactose free for us)
2 Tbsp of Ground Cashew Nuts
500g of mixed Pork & Beef mince
1 Onion, finely diced
2 Tbsp of Dairy free Margarine
1 Egg, beaten
1 Tbsp of Brown Sugar
¼ Tsp of Ground Nutmeg
¼ Tsp of Ground Allspice
1/8 of a Tsp of Ground Ginger
3 Tbsp of Cornflour
60ml of Chicken Stock
200ml of Beef Stock
A handful of fresh chopped Parsley, to garnish
Salt & Pepper to season

Method:-

(1) Mix the Breadcrumb with the combined Milk and Ground Cashew Nuts.
(2) Allow the Breadcrumbs to absorb the liquid for 10 minutes.

(3) In a frying pan add a little Margarine and gently fry the Onion until softened.
(4) Remove and set aside.
(5) Mix the Mince with the Egg, Sugar, Nutmeg, Allspice, Ginger and season with Salt & Pepper.
(6) Add the cooled Onions and mix in the Breadcrumbs.
(7) Form into small Meatballs.
(8) Fry with a little Margarine gently until browned on all sides.
(9) Place the meatballs in an ovenproof tray and pour over the Chicken Stock.
(10) Cover with foil and place in a pre-heated oven at 160c for 20 minutes.
(11) Remove and set aside, covered to keep warm.
(12) Add the juices from the oven tray to a pan over a low heat and whisk in the Cornflour until smooth.
(13) Whisk in enough Beef stock to form a sauce, continuing to whisk until thickened.
(14) Season the sauce with Salt & Pepper to taste.
(15) Pour the Sauce over the Meatballs to serve and garnish with Parsley.

We served outs over a bed of Gluten free Spaghetti.

These we not as firm as the version we?re both familiar with. But they were superb. As Long COVID has left Sue with the additional ?Fun? of Lactose Intolerance we?re having to modify recipes to avoid Milk and it?s derivatives as well as Gluten.