

Swedish Style Date Meatball

4 oz Canola/olive oil blend
1 lb. ground beef
½ lb. ground pork
1 cup fresh bread crumbs
1 cup 4% whole milk
½ cup grated parmesan cheese
2 oz. olive oil
1 small onion diced fine
4 cloves garlic, minced
2 eggs
1 ½ tsp salt
½ tsp ground black pepper
¼ tsp ground nutmeg
¼ tsp allspice
8 oz. Medjool dates, chopped ½ cubes
2 tbsp. fresh Italian parsley, chopped fine
1 cup plain dry unseasoned bread crumbs

In a small bowl, soak bread crumbs with the milk and let set for 10 minutes. In a skillet, heat olive oil and sauté the diced onion and garlic until slightly browned. In a mixing bowl add the ground beef and pork; add in the cooked onion, garlic and remaining ingredients. Gently mix in the bread crumb and milk mixture until thoroughly blended. If needed, add plain dry bread crumbs to help bind mixture. Portion and roll meatballs into 1 ½ oz. balls. In a skillet, heat the canola oil over medium high heat, sauté the meatballs and brown them evenly on all sides. Set aside on a paper towel lined dish. Add meatballs to sauce and simmer 40 minutes.

Shallot-Mushroom Sauce for Swedish Style Date Meatballs

2 oz. canola/olive oil blend
¼ cup fresh shallots, chopped
1 tbsp. fresh garlic, minced
½ cup Madera wine
2 cup shitake mushrooms, sliced
4 cups beef demi-glace (or beef gravy)
1 ½ lb. date meatballs, pre-cooked
4 oz. sour cream (add more if you prefer creamier sauce)
1 tbsp. Dijon mustard
2 oz. softened butter
1 Tbsp. fresh dill, chopped
Salt and pepper to taste
1 lb. egg noodles, cooked, kept warm

Heat canola oil and sauté the shallots and garlic till light golden brown. Deglaze the pan with the Madera and reduce by half. Add the mushrooms and cook till soft. Add the mushrooms and cook until soft. Add the beef demi-glace and simmer approx. 5-7 minutes. Add the meatballs and simmer approx. 20 minutes. Finish the sauce with the sour cream, softened butter, Dijon, dill, salt and pepper. Serve over butter noodles or your favorite rice dish....Enjoy!