

Swedish Meatballs & Sauce

THE SAUCE AND GRAVY



CHANNEL



<https://youtu.be/XAm9Kbv03xw>

Serves 4–6

This comforting Swedish meatball recipe combines tender homemade meatballs with a rich, creamy brown gravy flavored with Worcestershire sauce, cream, and warm spices. Perfect served over mashed potatoes, buttered noodles, or alongside crusty bread.

Swedish Meatball Ingredients

1 lb. (~500 g) lean ground beef
1 tablespoon fresh parsley, finely chopped
1/3 cup (33 g) breadcrumbs
1/4 teaspoon (0.5 g) ground allspice
1/4 teaspoon (0.5 g) ground nutmeg
1/4 teaspoon (0.5 g) garlic powder
1/4 cup (30 g) onion, finely chopped
1 large egg
Salt and black pepper, to taste

Neutral oil, for frying

Sauce Ingredients

5 tablespoons (70 g) unsalted butter
3 tablespoons (24 g) all-purpose flour
2 cups (500 ml) beef stock or brown veal stock
2 tablespoons (30 ml) Worcestershire sauce
1/2 tablespoon (7 ml) soy sauce
1 cup (250 ml) heavy cream
1/4 teaspoon (0.5 g) mustard powder
Salt and black pepper, to taste

Prep Work

Finely chop the parsley and onion so they blend evenly into the meatball mixture.

Measure all sauce ingredients ahead of time since the gravy comes together quickly once the roux is finished.

You can use all ground beef or substitute half the beef with ground pork for a richer flavor and softer texture.

To Make the Swedish Meatballs

In a large mixing bowl, combine the ground beef, parsley, breadcrumbs, allspice, nutmeg, garlic powder, onion, egg, salt, and black pepper. Mix gently until just combined. Avoid overmixing, which can make the meatballs dense.

Shape the mixture into meatballs roughly the size of a golf ball.

Place a high-sided sauté pan over medium to medium-high heat and add a small amount of neutral oil. Add the meatballs and cook until browned on all sides and fully cooked through. As the meatballs cook, browned bits will form on the bottom of the pan. These flavorful bits, called fond, help create the rich base for the sauce.

Remove the meatballs from the pan, cover loosely, and keep warm while preparing the gravy.

To Make the Sauce

Remove excess grease from the pan, leaving behind the fond. Add 5 tablespoons (70 g) unsalted butter and melt over medium heat.

Whisk in 3 tablespoons (24 g) flour to form a roux. Cook the roux for 2–3 minutes, stirring frequently, until smooth and lightly bubbling. Do not brown the roux.

Slowly pour in 2 cups (500 ml) beef stock or brown veal stock while whisking continuously. Use a flat spatula or spoon to scrape the bottom of the pan, releasing all of the browned bits into the sauce.

Once smooth, stir in the Worcestershire sauce, soy sauce, heavy cream, and mustard powder. Bring the sauce to a gentle simmer over medium heat. Once simmering, reduce the heat to low and cook until the sauce thickens enough to coat the back of a spoon.

Taste and adjust seasoning with salt and black pepper if needed.

To Finish the Dish

Return the cooked meatballs to the sauce and spoon the gravy over the top. Allow the meatballs to simmer gently in the sauce for several minutes so the flavors fully combine.

Serve hot over mashed potatoes, egg noodles, rice, or crusty bread.

Tips & Substitutions

Using half ground pork and half ground beef creates a softer, more traditional Swedish meatball texture.

Soaking the breadcrumbs in a small amount of milk or cream before mixing can make the meatballs extra tender.

Brown veal stock produces the richest traditional flavor, but beef stock works perfectly well.

Low-sodium soy sauce helps control salt levels while still adding depth.

Do not boil the cream aggressively after adding it to the sauce to maintain a smooth texture.

If the sauce becomes too thick, thin it with a splash of stock or cream.

Freshly cracked black pepper adds a more pronounced flavor than pre-ground pepper.