Posted on 11 March 2013

by Joyce

Swedish Meatballs

Ingredients

For The Meatballs
500g of lean minced beef
1 cup fine breadcrumbs (whiz a couple of bread rolls or 3 slices of white bread in the food processor, do not use the shop bought type used for frying)
splash of lee and perrins sauce
½ cup grated parmesan
1 egg yolk
salt and pepper
For The Tomato Sauce
3 tins of whole tomatoes
3 cloves of garlic
1 onion sliced thinly
20 basil leaves
6 tbsp olive oil

Preparation

1. For The Meatballs
2. Mix the whole lot together and form into golf ball sized balls, fry gently in a splash of olive oil till cooked through
3. To Make The Sauce
4. Sauté the onions and garlic gently in the olive oil till just soft... and in the tinned tomatoes and give a rough chop with the wooden spoon, just till the tomatoes are 'burst' open. Turn down the gas, till only just simmering, heres the secret.. leave on the simmer for at least 11/2 hours. Perfect for pasta, base for stews and casserolles, lovely on its own with some fresh bread.

Cooks Note

These are lovely served with pasta and a spoon of homemade tomato sauce...