

SWEDISH GLAZED COCKTAIL MEATBALLS

F EASY

Last Modified: 07/03/2016

PREP: 20 Min
COOK: 2 Hrs 30 Min
SLOW COOKER

APPETIZER

MAKES 30+ SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
5	Pounds	Frozen Cooked Meatballs (1 Oz)	Thawed

SWEDISH CREAM SAUCE

2	10 1/2 Oz	Cans Beef Stock (Swanson)	
4	Tbsp	Unsalted Butter	
6	Tbsp	All Purpose Flour	
1	Cup	Heavy Cream	
1/4	Cup	Sour Cream (Breakstone)	
1/2	Tbsp	Worcestershire Sauce (Lea & Perrins)	
2	Tsp	Granulated Sugar	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste
1/2	Cup	Italian Parsley Leaves	Fine Chop

OPTIONAL SWEDISH JELLY SAUCE

2	10 1/2 Oz	Cans Beef Stock (Swanson)	
4	Tbsp	Unsalted Butter	
6	Tbsp	All Purpose Flour	
3/4	Cup	Heavy Cream	
1/2	Cup	Sour Cream (Breakstone)	
1	Tbsp	Red Currant - OR - Lingonberry Jelly	
1/2	Cup	Italian Parsley Leaves	Fine Chop

PREPARATION

FACTOID	These are the standard grey colored slightly sour meatballs that are usually labeled as "Swedish".
FACTOID	Use any frozen, prepared Meatballs you like, or, preferably, make your own from scratch from any of the recipes in here.
CAUTION	The voice of experience here: Before beginning, nuke a frozen Meatball in the microwave and taste it! I once purchased a 5 pound bag from Gordon Food Service that ended up having a horrible aftertaste & the dish-to-pass we made SUCKED and ended up being trashed & re-done.
NOTE	The optional Jelly imparts a slightly tart taste to the Swedish Sauce.
TOOLS	1) 6 Quart Crock Pot 2) 2 - Aluminum Half Sheet Pans 3) Medium Saucepan & Lid 4) Small Mixing Bowl
PREP	MEATBALLS 1) Partially Thaw the Meatballs to allow separating them. Most pre-packaged frozen Meatballs <u>STILL</u> have a lot of grease inside.

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1	MEATBALLS: Preheat the oven to 350 degrees with racks in the middle and lower third. Place the Meatballs on 2 sheet pans lined with parchment paper - spread the Meatballs out evenly - NOT touching. Bake them for 20 minutes. Shake the pans halfway through to rotate the meatballs for even browning. Place the hot Meatballs on paper towels to drain off any remaining Fat.
2	BOTH SAUCES: Hand rub the Butter and Flour together in a small mixing bowl to make a thick smooth paste called a Beurre Manie (a sauce thickener). Pinch off 1/2-inch balls, and set them aside on a small plate.
3	JELLY SAUCE: In a medium saucepan over medium heat, thoroughly mix the Beef Broth, Jelly, Cream and Sour Cream together and bring it to a boil. Whisk in the Butter / Flour balls one at a time until the Sauce is as thick as you like it.
3	CREAM SAUCE: In a medium saucepan over medium heat, thoroughly mix the Beef Broth, Cream, Sour Cream, Sugar and Worcestershire Sauce together and bring it to a boil. Whisk in the Butter / Flour balls one at a time until the Sauce is as thick as you like it.
4	BOTH SAUCES: Taste the Sauce. Adjust the Salt & Pepper to taste and cook for an additional 5 minutes.
5	MEATBALLS: Add the Meatballs into the crock pot. Pour the Swedish Sauce slowly and evenly over the top. Cook on low for 2 hours. Just before serving, stir carefully one time to evenly coat all of the Meatballs with the Sauce. CAREFUL - once hot, the Meatballs will crumble apart easily.
SERVE	Sprinkle the top with the chopped Parsley and serve while hot with toothpicks.