

Swedish meatballs (Frikadeller) and Gravy

When I made this, it went down incredibly well in our house with everyone asking for seconds which was great considering it was a bit of an experiment with some left over veg and beef stock I had in the fridge from the weekend! However, it's a little time consuming as you need to make the gravy as well as the meatballs so bare this in mind when looking for a meal. You'll need 20mins prep time for this and will need to hover over the gravy for a little while but definitely worth it.

- 500g pork mince
- 1 courgette
- 2 sticks of celery
- 1 large onion
- Fresh thyme leaves, handful
- Fresh sage leaves. Handful
- 3 tbsp buckwheat flour
- Large knob of organic grass fed butter
- 750ml beef stock (always homemade where possible)
- 100g tinned tomatoes, blended until it's just a thick tomato juice (takes seconds with a hand blender)
- 2 teaspoons of redcurrant jelly (optional)
- Dash of Worcester sauce

Pre heat the oven to 180°C. Now place the onion, celery, sage, thyme and courgette into a food processor and blitz until they're as small as possible. Now add a tiny bit of olive oil/coconut oil or butter into a pan and fry these gently until they are soft but not browned in any way. Once soft, leave to one side to cool.

Mix the cooled veg in with the raw pork mince and roll into balls. These can be placed straight into your oven in a baking dish – they're going to take approx. 20-25 mins to cook but you MUST cut one in half to make sure they are cooked through before serving these. You shouldn't need to turn these and don't shake them in case they break up. Once cooked they will be firm.

As soon as you have put the meatballs in the oven, start on your gravy.

Melt the butter in a pan and then stir in the flour. Mix well – this will be like a thick paste. Now add your blended tomatoes and stir constantly until the paste has absorbed all of the tomato juice. Now slowly add a dash of stock and then stir constantly until the paste has absorbed the stock (you must do this to prevent a lumpy sauce) and repeat this until all of the stock has been added. Make sure that you stir all the time and only add a little stock at a time. By the time you have added all of the stock you should have a lump free and quite runny gravy. Add the dash of Worcester sauce and let this reduce down by half. Stir in the redcurrant jelly at the end for sweetness.

By now your meatballs should be cooked and you can pour the gravy over the top of them. Serve with some fresh steamed broccoli and some carrot mash!