

## SWEDISH MEATBALLS AND EGG NOODLES

(from [A Taste of Home Cooking](#), original recipe from Rachael Ray)

*for the meatballs:*

1/2 pound ground beef  
1/2 pound ground pork  
1/2 cup bread crumbs  
1 egg, beaten  
1 small onion, finely chopped (*I used 1 shallot*)  
A few drops Worcestershire sauce (*I used 1 tsp*)  
Salt and pepper

*for the sauce:*

3 tablespoons butter  
2 tablespoons flour  
1/2 cup dry sherry  
1 cup beef broth  
Salt and pepper  
1 teaspoon Dijon mustard  
1/2 cup sour cream (*I reduced to 1/4 cup*)

1 bag wide egg noodles (*I used fettuccine*)  
1 tablespoon butter

Heat the oven to 400 F.

Mix all the ingredients for the meatballs in a bowl, and form bite-size balls, placing them on a baking sheet lined with parchment paper or aluminum foil. Bake for 12 to 15 minutes, turning them midway through cooking time.

As the meatballs bake, boil water for the pasta and start preparing the sauce. Melt the butter over medium heat, sprinkle the flour over it, and cook for a couple of minutes, whisking constantly. Slowly add sherry and whisk until the sauce reduces by half. Add beef broth in a slow stream and continue stirring until the sauce thickens enough to lightly coat the back of a spoon. Turn off heat and add salt and pepper to taste, Dijon mustard and sour cream.

Once the noodles are cooked, drain them and toss with butter. Turn a low heat under the sauce to gently warm it, add the baked meatballs to the sauce, stir to coat, and serve over pasta.