

# Kjod Kaker

(Norwegian Meat Balls)

- Prep: 30 min. Bake: 20 min.
- Yield: 16 Servings

## Ingredients

- 2 *eggs, lightly beaten*
  - 1 cup *milk*
  - 1 cup *dry bread crumbs*
  - 1/2 cup *finely chopped onion*
  - 2 teaspoons *salt*
  - 2 teaspoons *sugar*
  - 1/2 teaspoon each *ground ginger, nutmeg and allspice*
  - 1/4 teaspoon *pepper*
  - 2 pounds *extra-lean ground beef (95% lean)*
  - 1 pound *ground pork*
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- **GRAVY:**
  - 2 tablespoons *finely chopped onion*
  - 3 tablespoons *butter*
  - 5 tablespoons *all-purpose flour*
  - 4 cups *beef broth*
  - 1/2 cup *heavy whipping cream*
  - Dash *cayenne pepper*
  - Dash *white pepper*

## Directions

- In a large bowl, combine the eggs, milk, bread crumbs, onion and seasonings. Let stand until crumbs absorb milk. Add meat; stir until well blended. Shape into 1-in. meatballs.
- Place meatballs on a greased rack in a shallow baking pan. Bake at 400° until browned, about 18 minutes or until a thermometer reads 160°; drain. Set aside.
- For gravy, in a large skillet, saute onion in butter until tender. Stir in flour and brown lightly. Slowly add broth; cook and stir until smooth and thickened. Blend in the cream, cayenne and white pepper. Gently stir in meatballs; heat through but do not boil. **Yield:** about 16 servings

**Nutritional Facts** 1 serving (1 each) equals 255 calories, 15 g fat (7 g saturated fat), 98 mg cholesterol, 638 mg sodium, 9 g carbohydrate, trace fiber, 19 g protein.