

# HUNGARIAN MEATBALLS



## HUNGARIAN MEATBALLS

For the Meatballs:

500 g ground veal or beef, pork, chicken, turkey

1 egg

$\frac{1}{3}$  cup plain breadcrumbs

2 tablespoons fresh chopped parsley

2 tablespoons fresh chopped dill

1 teaspoon salt

$\frac{1}{4}$  teaspoon freshly ground black pepper

1 teaspoon sweet Hungarian paprika

2 tablespoons oil for frying

For the Sauce:

1 tablespoon oil

1 medium onion, chopped

1 clove garlic, minced

225 g mushrooms, sliced

3 tablespoons butter

4 tablespoons all-purpose flour

2 cups beef broth

1 cup cream (lower calories: substitute evaporated milk)

1 teaspoon salt

$\frac{1}{4}$  teaspoon freshly ground black pepper

2 tablespoons sweet Hungarian paprika

$1\frac{1}{2}$  tablespoons fresh chopped dill

$\frac{1}{2}$  cup sour cream

Place all the meatball ingredients in a medium-sized bowl and knead to thoroughly combine. Shape the mixture into 1-inch balls or whatever size you prefer.

Heat some oil in a skillet and once hot add the meatballs, browning on all sides. Transfer the meatballs to a plate and discard all but a tablespoon or so of grease.

Add the onions to the skillet and fry until translucent and golden brown. Add the garlic and fry for another minute (don't fry garlic too long or it becomes bitter). Add the mushrooms and fry until they've released their juices and they're mostly evaporated. Transfer the mushroom mixture to a bowl and set aside.

Add the butter to the skillet and melt it. Add the flour and whisk until dissolved. Continue whisking vigorously for another minute or two until the flour mixture is a deep golden brown. (We're creating what's called a roux, a French term and the grand secret for creating an irresistibly rich and flavorful sauce.)

Pour in the hot broth while continually whisking to prevent clumping. Continue to whisk while bringing the mixture to a simmer. Add the cream and whisk until combined. Continue to simmer for another minute or so until the sauce is thickened. Return the mushroom mixture to the sauce and add the pepper, salt and paprika. Stir in the sour cream and dill.

Return the meatballs to the sauce, stirring to coat them, and simmer covered for about 10 minutes, stirring occasionally.

Serve immediately over hot buttered egg noodles, Spätzle, potatoes or rice along with a cool cucumber or leafy green salad and some rustic crusty bread. Garnish with some chopped fresh dill if desired.

Recipe posted by Adam Cloete

Photo: Adam Cloete