

Norwegian Brown Cheese Meatballs (Kjøttkaker med Brunost)

Serves 4 (about 20 meatballs)

For the meatballs:

- 1 ¼ pounds (500 g) minced/ground beef
- 1 teaspoon salt
- 1 teaspoon nutmeg
- ½ teaspoon ground black pepper
- ½ small onion, finely chopped
- 1 egg
- ½ cup (120 ml) milk
- 3 ½ ounces (100 g) Brunost, grated
- 2 tablespoons potato starch/potetmel
- 1 tablespoon oil, for cooking

For the brown sauce:

- 4 tablespoons (56 g) butter
- 4 tablespoons (56 g) all-purpose flour
- 2 cups (480 ml) beef stock
- ¼ teaspoon salt

In a large bowl, combine all the ingredients for the meatballs, except the oil, with your hands to ensure everything is blended together. Form about 20 meatballs.

In a large, heavy skillet or sauté pan, heat the oil over medium-high heat. Add the meatballs and cook, turning, for 5 minutes or until brown on all sides.

For the brown sauce, in a large, heavy saucepan, melt the butter over medium heat. Whisk in the flour and cook, whisking frequently, for 6 to 8 minutes or until dark brown – be careful not to burn the flour. Slowly add the beef stock, whisking to combine, and salt. Pour the sauce over the meatballs (I keep all the juices released from the meatballs as they brown) and bring to a boil. Lower the heat and gently simmer for 15 minutes or until the meatballs are cooked through. Season to taste with salt and pepper.

Serve warm with boiled potatoes, a dab of lingonberry jam, if you have some, and vegetables of your choice.