

Instant Pot Swedish Meatballs

Ingredients

1 pound ground beef
1 pound ground pork
1/2 cup Panko
1/3 cup whole milk
2 large egg yolks
1 medium shallot, diced
2 cloves garlic, minced
1/2 teaspoon dried thyme
1/4 teaspoon ground allspice

1/4 teaspoon ground nutmeg
Kosher salt and freshly ground black pepper, to taste
1 tablespoon canola oil
2 tablespoons all-purpose flour
2 cups beef stock
1/2 cup sour cream
2 tablespoons chopped fresh dill
2 tablespoons chopped fresh parsley leaves



Method

In a large bowl, combine ground beef, ground pork, Panko, milk, egg yolks, shallot, garlic, thyme, allspice and nutmeg; season with salt and pepper, to taste. Using a wooden spoon or clean hands, stir until well combined. Roll the mixture into 3/4-to-1-inch meatballs, forming about 30-32 meatballs.

Set a 6-qt Instant Pot® to the high saute setting. Heat canola oil; working in two batches, add meatballs and cook until all sides are browned, about 3-4 minutes. Transfer to a paper towel-lined plate; set aside.

Whisk in flour until lightly browned, about 1 minute. Stir in beef stock, scraping any browned bits from the bottom of the pot; season with salt and pepper, to taste.

Return meatballs to the Instant Pot®. Select manual setting; adjust pressure to high, and set time for 8 minutes. When finished cooking, quick-release pressure according to manufacturer's directions.

Set meatballs aside. Select high sauté setting; simmer until the sauce has reduced and thickened, about 4-5 minutes. Stir in sour cream; season with salt and pepper, to taste.

Serve immediately with meatballs, garnished with dill and parsley, if desired.