

SWEDISH MEATBALLS (GROUND BEEF)

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
244 cal	11 g	23 g	12 g	84 mg	753 mg	30 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BREAD,WHITE,SLICED	2 lbs	1 gal 2-1/2 qts	
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
WATER,WARM	2 lbs	3-3/4 cup	
EGGS,WHOLE,FROZEN	10-3/4 oz	1-1/4 cup	
SALT	1-1/4 oz	2 tbsp	
NUTMEG,GROUND	1/8 oz	1/3 tsp	
PEPPER,BLACK,GROUND	1/8 oz	1/4 tsp	
ALLSPICE,GROUND	1/8 oz	1/4 tsp	
BEEF,GROUND,BULK,RAW,90% LEAN	20 lbs		
ONIONS,FRESH,CHOPPED	11-1/4 oz	2 cup	12-1/2 oz
BEEF BROTH		2 gal 1/2 qts	
FLOUR,WHEAT,GENERAL PURPOSE	1-3/8 lbs	1 qts 1 cup	
WATER	2-5/8 lbs	1 qts 1 cup	
NUTMEG,GROUND	1/4 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
GARLIC POWDER	1/8 oz	1/8 tsp	
PAPRIKA,GROUND	1/4 oz	1 tbsp	

Method

- 1 Place bread in mixer bowl; mix at medium speed 5 minutes or until crumbs are formed.
- 2 Reconstitute milk.
- 3 Blend in eggs, salt, nutmeg, pepper, and allspice. Pour over bread; mix at low speed 1/2 minute; let stand 10 minutes.
- 4 Add beef and onions to bread mixture. Mix at low speed 1 minute. Do not over mix.
- 5 Shape into 300 balls weighing 1-1/3 ounces; place 100 meatballs on each sheet pan.
- 6 Using a convection oven, bake at 350 F. on high fan, closed vent 8-10 minutes or until browned and done. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Remove meatballs to steam table pans. CCP: Hold at 140 F. or higher for use in Step 10.
- 7 Prepare stock according to package directions.
- 8 Combine flour and water, stirring until smooth; add to stock, bring to a boil; reduce heat; simmer 10 minutes or until thickened, stirring constantly.
- 9 Add nutmeg, pepper, and garlic powder; stir well.
- 10 Pour 2-3/4 quarts gravy over meatballs in each pan.
- 11 Using a convection oven, bake at 350 F. 15 minutes or until heated thoroughly on high fan, closed vent. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 12 Sprinkle each pan with 1 teaspoon paprika before serving. CCP: Hold for service at 140 F.