

FOOD



Swedish Meatballs

Ingredients

- 1 1/2 cups soft bread crumbs, about 3 slices bread
- 1 tablespoon dried minced onion or 1/4 cup finely chopped onion
- 1 1/2 teaspoons salt
- 1/4 teaspoon pepper
- 1/4 teaspoon nutmeg
- 3/4 cup milk
- 2 pounds ground beef
- 2 tablespoons butter or margarine
- 2 tablespoons vegetable oil
- 2 tablespoons flour
- 1 can (10 1/2 ounces) condensed beef broth
- 1 cup half-and-half or light cream

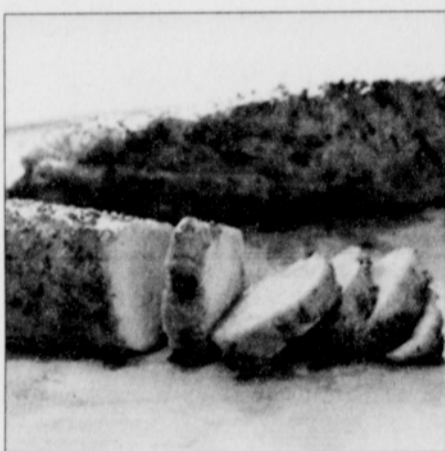
Preparation

1. Combine bread crumbs, onion, salt, pepper, nutmeg and 3/4 cup milk in a large mixing bowl. Let milk soak into crumbs for a few minutes.
2. Gently stir in ground beef until well blended; form into balls about 1 to 1 1/2 inches in diameter.
3. Brown meatballs in butter and oil in a large skillet; remove with a slotted spoon to a 2 1/2-quart baking dish.
4. Drain off all but 2 tablespoons of drippings; stir flour into drippings. Cook, stirring constantly, until bubbly. Stir in beef broth and cream.
5. Continue cooking, stirring constantly, until sauce thickens and boils for a minute. Pour over Swedish meatballs in baking dish. Bake Swedish meatballs at 325° for 35 to 45 minutes.

Maple-Glazed Roast Pork with Maple-Mustard Sauce

Glaze Ingredients

- 1/2 c. vegetable oil
- 1/2 c. finely chopped onion
- 2 c. maple syrup
- 1/2 c. cider vinegar
- 3 tbsp. Dijon mustard
- 2 1/2 tsp. Colman's dry mustard
- 1 tsp. black pepper
- 1 (4 lb.) boneless loin pork roast
- Thinly sliced pumpernickel or rye bread for serving



Maple-Mustard Sauce Ingredients:

- 1 c. half & half
- 3 tbsp. dry mustard
- 1 tbsp. all-purpose flour
- 1/2 c. maple syrup
- 1/2 tsp. salt
- 2 lg. egg yolks, room temperature
- 1/4 c. cider vinegar
- 2 tbsp. Dijon mustard

1. To make the Glaze: Whisk the oil, onion, syrup, vinegar, Dijon and dry mustard, and pepper in a medium saucepan. Place the pan over moderately high heat and boil, stirring occasionally, until the mixture is reduced to 1 3/4 cups (about 20 minutes).
2. Preheat the oven to 425 degrees. Dry the pork with paper towels and remove as much fat as possible. Brush the glaze over the entire roast. Place the roast on a rack in a shallow pan lined with foil. Roast for 30 minutes, brushing with the glaze every 15 minutes. Reduce the oven temperature to 375 degrees. Bake for 35 to 45 more minutes or until a meat thermometer inserted in the middle of the roast reads 145 degrees. Brush the roast with glaze every 10 minutes, using about half the glaze. Remove the roast from the oven and cool to room temperature. Wrap it in foil and refrigerate until it is well chilled. Refrigerate reserved glaze.
3. To make Maple-Mustard Sauce: Mix half & half and dry mustard in a medium saucepan. Let the mixture sit 5 minutes to soften the mustard. Whisk in the flour, syrup, salt, egg yolks, vinegar, and Dijon. Cook over moderate heat, whisking constantly, until the mixture comes to a full boil and thickens. Boil for 1 minute, whisking constantly. Remove it from the heat, place in a bowl, and cover with plastic wrap directly on the mustard. The mustard sauce may be refrigerated, covered, for several weeks. Stir before using. Serve at room temperature.
4. Slice the meat as thin as possible; do not be concerned if some of the pieces fall apart. Spread one side of each slice with the remaining glaze and press the slices together, reforming the roast. Tie the roast with string to hold it together. Re-wrap it in foil and refrigerate for several hours or overnight.
5. Several hours before serving, bring the roast to room temperature. Remove the string and place the roast on a serving platter. Discard any juices which collect in the foil. Serve the roast at room temperature with desired bread and Maple-Mustard Sauce.

Stuffed Peppers

Ingredients

- 1 pound ground beef
- 1/2 cup uncooked long grain white rice
- 1 cup water
- 6 green bell peppers
- 2 (8 ounce) cans tomato sauce
- 1 tablespoon Worcestershire sauce
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- salt and pepper to taste
- 1 teaspoon Italian seasoning

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place the rice and water in a saucepan, and bring to a boil. Reduce heat, cover, and cook 20 minutes. In a skillet over medium heat, cook the beef until evenly browned.
3. Remove and discard the tops, seeds, and membranes of the bell peppers. Arrange peppers in a baking dish with the hollowed sides facing upward. (Slice the bottoms of the peppers if necessary so that they will stand upright.)
4. In a bowl, mix the browned beef, cooked rice, 1 can tomato sauce, Worcestershire sauce, garlic powder, onion powder, salt, and pepper. Spoon an equal amount of the mixture into each hollowed pepper. Mix the remaining tomato sauce and Italian seasoning in a bowl, and pour over the stuffed peppers.
5. Bake 1 hour in the preheated oven, basting with sauce every 15 minutes, until the peppers are tender.

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