

# SWEDISH MEATBALLS

## INGREDIENTS:

- 1 lb ground beef (or meat alternative like Impossible burger meat)
- 1/2 cup seasoned bread crumbs
- 1/2 onion
- 1 egg
- 1/2 tsp kosher salt
- 1/2 tsp pepper
- 1 Tbsp olive oil
- 2 cups beef broth (or vegetable)
- 2 cups milk
- 1 Tbsp Worcestershire sauce
- 4 cups egg noodle
- 1 cup shredded parmesan cheese
- 1/2 cup fresh parsley



# SWEDISH MEATBALLS



## INSTRUCTIONS:

1. In a large bowl, combine the ground beef, breadcrumbs, onion, egg, 1/2 tsp salt, and 1/2 tsp pepper, mixing until evenly combined.
2. Heat the oil in a pot over medium-high heat. Take about a golf-ball size of the meatball mixture and roll it into balls. Place the meatballs into the pot, cooking for one minute. Flip the meatballs.
3. Add the beef broth, milk, salt, pepper (to taste), and Worcestershire sauce and give it a stir.
4. Bring the liquid to a boil, then add the egg noodles. Stir constantly until the pasta is cooked and the liquid has reduced to a sauce that coats the noodles, about seven to eight minutes.
5. Add the parmesan and the parsley, stirring until the cheese is melted.

# CINNAMON ROLLS

## INGREDIENTS:

- 2 1/4 tsp (1 package) dry yeast
- 1/2 cup milk
- 1/2 tsp salt
- 1/4 cup sugar
- 1 egg
- 3 Tbsp butter softened
- 2 cups flour (plus more)

## Filling:

- 3 Tbsp sugar
- 1.5 Tbsp cinnamon
- 1 sticks soft butter



# CINNAMON ROLLS



## INSTRUCTIONS:

1. To proof yeast, mix it with warm milk and half of the sugar. Let it sit for 5 minutes. Add egg, salt, and flour.
2. Mix in butter until a smooth dough forms. Knead for 10 minutes, adding more flour if needed.
3. Place the dough in a greased bowl, cover it with plastic wrap, and let it double in size in a warm spot.
4. Meanwhile, prepare a paste with butter, sugar, and cinnamon, and set it aside.
5. Once the dough has doubled in size, roll it out into a large rectangle on a floured surface.
6. Spread the filling on top, roll the dough tightly, and cut it into about 12 pieces.
7. Place them in a greased baking dish and let them rest for 30 minutes, covered with a cloth.
8. Preheat the oven to 180°C and bake for approximately 30 minutes until golden brown.



## SWEDEN

Once you cook the recipes,  
place your stamp in your  
passport

# Shopping list: SWEDEN

### COLD:

- 1 stick plus 3 Tbsp butter softened
- 2 eggs
- 2 cups milk
- 1 1/2 cup shredded parmesan cheese
- 1 lb ground beef (or meat alternative like Impossible burger meat)

### PRODUCE:

- 1/2 cup fresh parsley
- 1/2 onion

### MISC:

- 2 1/4 tsp (1 package) dry yeast
- 1/2 tsp salt
- 1/4 cup sugar
- 2 cups flour (plus more)
- 3 Tbsp sugar
- 1.5 Tbsp cinnamon
- 1/2 cup seasoned bread crumbs
- 1/2 tsp kosher salt
- 1/2 tsp pepper
- 1 Tbsp olive oil
- 2 cups beef broth (or vegetable)
- 1 Tbsp Worcestershire sauce
- 4 cups egg noodles