CANADIAN (MENNONITE)

Mennonite Meatballs in Onion Gravy (Klopps)

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	**4**	**20 min**	**35 min**	**Simmer**	**Ground beef**

Ingredients

- 600 g (1⅓ lb) ground beef, 85/15
- 40 g (½ cup) dry breadcrumbs
- 80 ml (⅓ cup) milk
- 1 egg
- 1 small onion, grated
- 1 tsp salt
- ½ tsp black pepper
- 2 tbsp vegetable oil

GRAVY

- 2 onions, thinly sliced
- 2 tbsp butter
- 3 tbsp all-purpose flour
- 500 ml (2 cups) beef stock
- 1 bay leaf
- 125 ml (½ cup) sour cream
- Mashed potatoes and pickles, to serve

Steps

1. Soak the breadcrumbs in the milk for 5 minutes. Add the beef, egg, grated onion, salt and pepper and mix by hand until just combined.
2. With wet hands, shape into 16 balls about 4 cm (1½ in) across.
3. Heat the oil in a large deep skillet over medium heat. Brown the meatballs in two batches, turning, for 6 to 8 minutes, until browned all over. Move to a plate.
4. Pour off all but 1 tbsp fat. Add the butter and sliced onions and cook over medium-low heat for 10 minutes, stirring, until soft and golden.
5. Sprinkle in the flour and stir for 1 minute. Slowly whisk in the stock and add the bay leaf, scraping up the browned bits.
6. Return the meatballs, cover and simmer gently for 15 minutes, until cooked through, 71°C (160°F) in the centre, and the gravy has thickened.
7. Take the pan off the heat and stir in the sour cream; don't let it boil again or it may split.
8. Season to taste and serve over mashed potatoes with dill pickles on the side.

Notes

- **Make ahead:** brown the meatballs up to a day ahead and finish them in the gravy just before supper.
- **Lighter:** use half milk and half stock in place of the sour cream.
- **Serving:** egg noodles or boiled potatoes with dill are just as traditional.
- **Slow cooker:** brown the meatballs and make the gravy as written, then cook together on low 3 to 4 hr or high 2 hr, until 71°C (160°F). Stir in the sour cream at the end.
- **Air fryer:** instead of pan-browning, cook the meatballs in a preheated air fryer at 200°C (400°F), single layer, for 8 to 10 minutes, shaking halfway. Melt 1 tbsp extra butter for the onions, then simmer in the gravy.

- **Freezer:** freeze the meatballs in gravy, without the sour cream, for up to 3 months; thaw overnight and reheat until steaming hot.