

# Boulettes de viande suédoises dans une sauce aux oignons veloutée à la française

TOTAL TIME  
60 min

PORTIONS  
15 à  
20



A comforting twist on tradition—meatballs simmered in a French onion soup base with sour cream and milk, elevated with garlic, green onion, black pepper, and a splash of Worcestershire sauce.

## PRÉPARÉ AVEC



Signature Oignon à la Française  
CODE DE CAS 08171

## Ingredients

Boulettes de viande :

100 g	Chapelure panko
284 mL	Lait
1,81 kg	Bœuf haché maigre
907 g	Porc haché
25 g	Parmesan râpé
6 g	Persil haché
26 g	Cassonade, emballée
12 g	Ail haché
7 g	Origan séché
1,5 - 2,25 g	Piment de la Jamaïque moulu
1,5 - 2,25 g	Noix de muscade moulue
6 g	Sel
4	Œuf légèrement battu

Sauce crémeuse à l'oignon français

1 bac (1,81 kg)	Signature Oignon à la Française
1,2 kg	L'eau
30 g	Moutarde de Dijon
500 mL	35% cream
980 g	14% sour cream

## Directions

- 1 Heat pre-cooked meatballs in oven according to package directions until they are slightly browned. Pour off any excess fat. Transfer to large stock pot.
- 2 In a bowl, combine French Onion soup, milk, sour cream, green onions, minced garlic, Worcestershire sauce and black pepper.
- 3 Add sauce mixture to the stock pot and bring to a simmer. Reduce the heat to medium-low and cook until the sauce is heated through and thickens, approximately 15 minutes.
- 4 Heat to an internal temperature of 160°F(70°C) or higher. Hold hot at 140°F (60°C) or higher for service.

9 - 11 g

Estragon frais, haché