

CLIMATE IMPACT
PER PORTION0,4 kg
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🍴 4 PORTIONS 🔥 180°C

GUSTAV JOHANSSON

VEGAN MEATBALLS IN CREAM SAUCE

Made with vegan mince, cream sauce and “hasselback” potatoes.

INGREDIENTS

MEATBALLS

400 g Malleable vegan mince
2 tbsp Oat cream
1 pc Yellow or white onion
1.5 tbsp Good vegetable stock
1 tbsp Dark Chinese soy
0.5 tbsp Ground allspice
Vegan butter for frying, to taste
Salt and black pepper, to taste

INSTRUCTIONS

MEATBALLS

- Thaw the malleable mince by letting it sit at room temperature for about 45 minutes.
- Peel and finely chop the onion. The smaller the better!
- Fold the onion and other ingredients into the mince and mix by hand.
- Taste the mixture. It should't be TOO strongly spiced, but have a distinct character of onion, allspice and a musty depth.
- Form small balls, approx. 2 cm in diameter until all the mixture is used up.
- Heat a frying pan and fry the meatballs in batches in an abundance of vegan butter on high heat until they turn a nice color and are firm to the touch.
- Remove them from the frying pan and pour in the cream sauce together with any remains of the mince.



TO MEET THE ONE PLANET PLATE CRITERIA: Choose organic onions, potatoes and breadcrumbs.





- VEGAN MEATBALLS IN CREAM SAUCE -

INGREDIENTS

CREAM SAUCE

- 3 dl Oat cream
- 1.5 tbsp Vegetable stock
- 1 tbsp Blackcurrant jelly
- 1 tbsp Dark Chinese soy
- 1 tsp Dried thyme
- 5 pcs Dried juniper berries
- Salt and black pepper to taste

PRESSED CUCUMBER

- 1 pc Large cucumber
- 3 ml Salt
- 2 tbsp Acetic acid/Vinegar
- 1 dl Water
- 3 tbsp Sugar
- White pepper, to taste
- 1 pc Small handful chopped parsley

MASHED LINGONBERRIES

- 3 dl Lingonberries
- 1-1.5 dl Sugar

HASSELBACKSPOTATOES

- 11 pcs Medium firm potatoes approximately the same size
- 1-2 dl Breadcrumbs
- 50 g Vegan butter

INSTRUCTIONS

CREAM SAUCE

- Pour the ingredients for the cream sauce into the frying pan in which you have fried the meatballs and reduce for 2-3 minutes.
- Season with salt and pepper and add the meatballs during the last minute.

PRESSED CUCUMBER

- Rinse the cucumber or peel it if you like. Slice it thinly with a knife, cheese slicer or mandolin. Place the slices on a plate or cutting board and scatter salt over them. Put another plate or board tightly over them so they come under pressure and weigh it down with something heavy. Press for about 30-40 minutes to drain off some of the liquid they contain. Mix the rest of the ingredients together into a cold pickling liquid and beat until the sugar dissolves. Drain the cucumber and mix the slices into the pickling liquid.
- Place in a clean glass jar in the refrigerator for at least an hour before serving.

MASHED LINGONBERRIES

- Mix the lingonberries and sugar in a bowl and mash them with a fork. If they are frozen, heating them briefly in a microwave or in saucepan will make this easier.
- Adjust the level of acidity to suit your taste by adding more lingonberries or sugar. Done!

HASSELBACKSPOTATOES

- Cut thin even slits in the potatoes with a knife, about $\frac{3}{4}$ of the way through. It's easier if you place the potatoes in a wooden ladle or spoon or place them on a board between the handles of two wooden spoons so you don't risk cutting all the way through to the bottom. Put the potatoes in an ovenproof dish and spread a dollop of vegan butter over each. If the butter is at room temperature, it's much easier to get it to stick.
- Bake for 20 minutes in the middle of the oven at 225 degrees Celsius.
- Take them out of the oven, spread on more butter allowing it to melt to melt into the slits and sprinkle generously with breadcrumbs. Bake for a further 25 minutes or until the surface is crispy and the potatoes are soft all the way through.
- Serve immediately!