

KONIGSBERGER KLOPSE (MEATBALLS IN CREAMY CAPER SAUCE)

Prepared by: Lauren O'Dell Patton, Oktoberfest 2017

Source: Essential New York Times Cookbook

½ pound ground pork
½ pound ground beef
½ pound ground veal
6 tablespoons unsalted butter
¾ cup finely chopped onion
½ teaspoon grated lemon zest
¾ cup fine fresh breadcrumbs
½ cup heavy cream
1 large egg, lightly beaten
4 anchovy fillets, chopped (about 1 tablespoon)
¼ cup finely chopped flat-leaf parsley
1/8 teaspoon freshly grated nutmeg
Salt and freshly ground black pepper
5 tablespoons all purpose flour
3 cups beef broth
¾ cup dry white wine, preferably a Rhine wine
1 cup sour cream
2 large egg yolks, lightly beaten
¼ cup fresh lemon juice
½ cup drained capers
Chopped dill

Put the meats into a bowl.

Heat 2 tablespoons butter in a skillet. Add the onion and cook, stirring, until wilted. Cool briefly, and add to the meats.

Add the lemon zest. Blend the bread crumbs and cream in a small bowl, and add to the meats. Add the lightly beaten whole egg, anchovies, chopped parsley, nutmeg, and salt and pepper to taste. (Do not add much salt, the anchovies are salty.) Blend the ingredients well. Shape into 36 meatballs, each about 1 inch in diameter.

Melt the remaining 4 tablespoons butter in a saucepan. Add the flour, stirring with a wire whisk. When blended, add the broth, whisking rapidly, until thickened and smooth. Add the wine and salt and pepper to taste. Remove from the heat.

Arrange the meatballs in one layer in a large casserole. Pour the sauce over them. Bring to a boil, then reduce the heat and simmer for 20 minutes. Using a slotted spoon, remove the meatballs to a dish and keep warm. Strain the sauce if desired.

Blend the sour cream, egg yolks, and lemon juice in a small bowl. Stir this into the sauce and add the capers and salt and pepper to taste. Return the meatballs to the sauce and heat through. Garnish with chopped dill and serve with buttered noodles or mashed potatoes.

Lauren's Notes: I thought this was delicious. There was quite a bit of leftover sauce, so I even saved that to serve over grilled chicken and noodles!

