

## From Sweden to Canada with love

By: David Pell

---

Sweden, like Canada, has long, cold winters. In the north of Sweden, the home of the indigenous [Sami](#), (previously known as Lapps) the culture of herding reindeer continues. In fact, the Sami share this occupation with their 'cousins' in Finland and Russia.

Although, my trips to Sweden were always during the warmer seasons, I had the opportunity to learn about and enjoy several of the many fantastic recipes the Swedes have developed using reindeer meat. Reindeer meatballs with potato puree and honey lingonberries are one of my favorites.

Since kids usually like meatballs it isn't difficult to get them involved in the preparation of this wonderful meal. On several occasions when my youngest daughter Rachel was still living at home we would make the meatballs together, usually served with salmonberries or even cranberries since lingonberries are hard to find (unless you live across the street from IKEA).

The recipe is easy and the results are delicious. For a serving for 4 you need:

- 100 g (4 oz) fresh mushrooms
- 2 shallots
- butter
- 1 1/2 teaspoons of salt
- 1 teaspoon sugar
- 1/2 teaspoon white pepper
- 500 g (1 1/4 lbs) grounder reindeer meat (if the wild stuff is not available domesticated venison is an adequate substitute)
- 1/4 cup of water
- 1 egg
- 1/3 cup chopped parsley

### Directions:

1. Start by finely chopping the mushrooms.
2. Then peel and mince the shallots.
3. Sauté both in butter.
4. Cool.
5. Combine with salt, sugar, and white pepper and ground reindeer meat.
6. Add water and egg. Mix well.
7. Form small meatballs and roll them in parsley. (Note: This part is fun with children.)
8. Preheat the oven to 200 C.
9. Brown the meatballs in butter.
10. Transfer to an ovenproof dish.
11. Place in the oven and bake 5 minutes.
12. Have a glass of Swedish 'aquavit' and enjoy!