

Swedish Turkey Meatballs with Sherry Mushrooms



MAKES 4 SERVINGS

5 tablespoons olive oil, divided
 2 tablespoons finely chopped yellow onion, plus 1 medium yellow onion, sliced
 1 tablespoon minced garlic
 1 pound ground turkey
 1 egg, beaten
 ½ teaspoon ground nutmeg
 Pinch of sea salt, plus more to taste
 Pinch of freshly ground black pepper, plus more to taste
 5 tablespoons rice flour, divided or 2½ tablespoons arrowroot starch, divided
 1½ cups chicken stock
 3 tablespoons buttermilk
 2 cups sliced cremini mushrooms
 1 cup dry sherry
 ¼ cup sherry vinegar
 3 cups chopped escarole or other dark leafy green

We made a healthier version of a classic Swedish meatball recipe. It tastes just as delicious, but with fewer calories. This is an easy recipe to make in a cast iron skillet, over a fire. The meatballs, sauce, and vegetables can be made at home and cooked at the campsite in a matter of minutes.

TIP: You can substitute any ground meat for the turkey with equally satisfying results—try ground bison or elk, which are minimally processed and delicious.

Preheat the oven to 375 degrees F.

To make the meatballs, in a small sauté pan, add 1 tablespoon of the olive oil and set it over medium-high heat. Add the 2 tablespoons of chopped onion and the garlic and cook until soft, about 8 minutes. Remove from the heat and set aside.

In a large bowl, fold together the turkey, egg, nutmeg, cooked onion and garlic, and a pinch each of salt and pepper until well combined. Shape the mixture into small meatballs, about 2 inches in diameter, and set them on a plate lined with 3 tablespoons of the rice flour or 1½ tablespoons of the arrowroot starch. Roll the meatballs in the flour until lightly coated. You should have about 10 to 12 meatballs.

In a large sauté pan, add 2 tablespoons of olive oil and set it over medium-high heat. Add the meatballs, leaving space between them, and cook until all sides are just golden and the meatballs are medium rare, about 8 minutes total. Place in an 8-by-8-inch baking dish or a cast iron skillet and set aside. Wipe out the sauté pan.

To make the sauce, in a medium saucepan, bring the chicken stock to a simmer over medium heat. Once heated, slowly whisk in the buttermilk and remaining 2 tablespoons of the rice flour or 1 tablespoon of the remaining arrowroot starch, and whisk until the mixture thickens, about 15 minutes. Set aside.

In the large sauté pan, add the remaining 2 tablespoons of olive oil and set it over medium-high heat. Add the sliced onion and mushrooms and sauté until soft and starting to stick to the pan slightly, about 8 minutes. Add the sherry to the pan and cook, scraping up any brown bits. Continue cooking and stirring until the pan is nearly dry again. Now add the sherry vinegar and do the same, stirring and scraping up any brown bits. Add the escarole to the pan and stir a few times, cooking until the leaves are wilted, about 3 minutes more. Remove from the heat and season with salt and pepper.