MEATBALLS

Shannon

comments

These can be made small for a cocktail party, or made larger and served over noodles for a main meal.

notes

Have butcher grind meats together.
Locate a large bowl that will accommodate 3 lbs. of meat.
It helps to bring the ground meats out ahead so they aren't so cold.
If you decide to firm the meatballs in the oven, turn on oven to 400 degrees.
You may decide to skip the "firming-up" process and go right to browning.

prepare in advance

	Ingredients
Chop	1 C onion
Create in food processor or blender	3 C soft breadcrumbs (about 3 slices of whole wheat bread)
Soak breadcrumbs for 5 minutes in	2 C light cream
Grate	2 cloves garlic
Measure into large bowl	2 eggs ½ C dried parsley 3 tsp. salt 2 dashes pepper
Have ready	1 T butter 1 lb. each of ground pork, beef, and veal (3 lbs. total).

complete recipe

Cook until tender, the onion and butter.

Combine all ingredients in the large bowl.

Beat 5 minutes at medium speed on electric beaters and (optional) 8 minutes by hand.

Form into balls, using a scoop that's been cooled in ice water.

Choose one of two ways to firm up the meatballs before browning:
Microwave for 2 minutes on high; turn, then 1 minute more, OR
Brown 9-10 minutes in an oven set at 400 degrees.

Brown in heavy pan, not a non-stick pan.

Make Gravy

Remove most of fat from pan, but save drippings.
While pan is hot, deglaze with a little water or beef broth.
Whisk 4 T flour and about 2 C water or beef broth, and add to drippings; bring to simmer.
Add 1 tsp. instant coffee, then some Gravy Master for color.
Stir and simmer until flour is absorbed; add salt and pepper to taste.
Add back meatballs to gravy and heat until you're sure they are thoroughly cooked.