

Table for One with Edie #7

Meatballs!

Basic Meatball recipe:

1lb ground meat (burger, pork, turkey, lamb, bison, shrimp/fish/crabmeat, ½ pork ½ beef etc.)

1 large egg or 1 med egg plus 1 Tablespoon water

½ cup finely ground starch (breadcrumbs, panko breadcrumbs, stuffing mix, tortilla chips, rice, ginger snaps, potato chips etc.) If using chips or tortillas watch added salt in seasoning.

Seasoning to taste/type ie: garlic, Italian herbs, minced ginger, salt, pepper, taco seasoning mix, lemon pepper, cheese etc. Roll into 1 inch balls to get 20 per pound or larger if desired.

Cook for 18-20 minutes at 400, 22-25 minutes if larger diameter. Meatballs are done when firm to the touch with a bouncy texture.

Recipe can easily be doubled or tripled. Meat balls freeze well by layering cooked meatballs on a sheetpan in freezer in a single layer then bagging once frozen. Date and Label the bag so you remember the flavor!

Use your imagination to create flavor profiles such as:

Greek: Lamb or Lamb/pork/beef combo with garlic and oregano with a cucumber/yogurt sauce

Mexican: Pork/beef combo with taco seasoning and tortillas in an enchilada sauce

Thanksgiving Feast: Turkey with stuffing and sage in a cranberry/chili sauce

Porcupine Balls: Pork/Beef combo with rice with minced garlic and ginger in a sweet and sour sauce

Out West BBQ: Bison or Beef and Onion Straws with a BBQ sauce made from grape jelly and Dijon mustard

Seafood Delight: Ground shrimp, crab and whitefish with cornbread in a lemon/chicken broth glaze

Sauces: Jellies, jams, catsup, mustard, gravies, dips (cold or hot) cheese sauce etc.

Glaze: melt jam or jelly with catsup, mustard, bbq, chili sauce to create a thick shiny glaze

Gravy: Melt butter with 2T cornstarch (clear) or flour (opaque) add 1c. chicken, vegetable or beef broth and seasonings, stir over med-hi heat until thickness desired. Mushrooms can be sautéed in butter as it melts if desired.

Use your imagination and what you have on hand. Great for appetizers, main dish or even in soups!

You are Only Limited by Your Imagination and Budget so Enjoy and Have Fun in 2021!