

Cocktail Meatballs

Makes about 25 meatballs

Ingredients

1 large egg
¼ cup heavy cream or milk
¾ cup cubed white sandwich bread, crusts removed
½ pound ground pork
1 garlic clove, minced
⅛ teaspoon ground allspice
⅛ teaspoon ground black pepper
¾ teaspoon salt
1 teaspoon baking powder
½ pound ground beef (85% lean)

FOR THE SAUCE

½ cup ketchup
½ cup packed dark brown sugar
2 tablespoons water
1½ tablespoons cider vinegar
2 teaspoons Worcestershire sauce
1 tablespoon finely grated shallot, from one shallot
1 small clove garlic, minced
⅛ teaspoon ground black pepper
½ teaspoon salt

FOR SERVING

Finely chopped parsley, if desired

Instructions:

Preheat the oven to 325. Line a baking sheet with aluminum foil for easy clean-up and place an ovenproof baking/cooling rack over top; spray rack generously with nonstick cooking spray.

Whisk the egg and cream together in a medium bowl. Stir in the bread and mash until no large bread chunks remain. Set aside.

In a stand mixer fitted with the paddle attachment, beat the pork, garlic, allspice, pepper, salt, and baking powder on high speed until smooth and pale, about 2 minutes, scraping bowl as necessary. Add the bread mixture to the mixing bowl and beat on high speed until smooth and homogeneous, about 1 minute, scraping the bowl as necessary. Add the beef and mix on medium-low speed until just incorporated, about 20 seconds, scraping the bowl as necessary.

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Using moistened hands (it's sticky and wet hands help; keep wetting them as you go), form the meat mixture into tablespoon-size round meatballs and place on the prepared rack. Bake for about 20 minutes, until just done.

Meanwhile, in a large sauté pan, mix together all of the ingredients for the sauce. Bring to a simmer and cook gently until thickened, about 10 minutes.

Add the baked meatballs to the sauce and stir to coat evenly. Transfer them to a serving platter, spear with toothpicks and spoon the sauce over top. Garnish with parsley if desired. Serve warm.

Freezer-Friendly Instructions: The meatballs and sauce can be frozen in separate containers for up to 3 months. When ready to serve, reheat the meatballs in their sauce on the stovetop over medium heat until hot in the center.

Credit: onceuponachef.com