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COMMENT

Ring in the New Year with meatballs

By Lori Gysel & Gerry Kentner
whatscooking@theifp.ca

Welcome to the New Year! This week's recipe brings about a question that I often had, but thanks to a chef colleague of mine, figured out a few years ago— thought you might like to know the answer too.

When you are making a recipe that has raw meat and/or eggs in it, but the recipe tells you to add salt and pepper to taste, what do you do? Do you actually taste the raw meat? Do you just wing it and hope that you put in the right amount? Do you go and look up some other recipe with approximately the same amount of ingredients and see how much they put in?

The answer is simpler than it seems. A chef



What's Cookin'?

colleague of mine was making filling for Chinese dumplings— pot stickers to be specific— and she quickly put a small amount of the filling in a ramekin and tossed it into the microwave. Voila. A minute later, she had hot pot sticker filling— she was able to taste it and then adjust all the seasonings accordingly. Brilliant!

I'm not a microwave fan, so I do the same thing, but in a small frying pan. Funny how sometimes it's the simplest little tips that make life easier!

If you'd like to make homemade marinara sauce for these meatballs, that recipe is coming next week. Have fun and keep cooking!

Mammoth Marinara Meatballs

INGREDIENTS

- 3 slices white bread, cubed
- 1/2 cup milk
- 1 lb ground beef
- 1 lb ground pork
- 1 lb ground veal
- 1 clove garlic, minced
- 1/2 cup grated parmesan
- 1 cup diced red onion
- 1/2 cup tomato sauce
- 1/3 cup diced green pepper
- 1 egg, beaten
- 1 tsp dry mustard
- 1 tsp celery seed
- 2 tsp dried oregano
- One half chopped parsley
- Freshly ground salt and pepper to taste
- Marinara sauce (either homemade or bought)



METHOD:

1. In a large bowl, cover the bread with the milk and let sit for five minutes.
2. Add the rest of the ingredients (except marinara sauce). Mix well.
3. Form into 12 large meatballs.
4. Bake in a preheated 350F degree oven for one hour, uncovered on a parchment-lined baking sheet.
5. Remove meatballs from baking sheet, place in a baking dish. Top with your favorite marinara sauce and return to the oven, covered for an additional 20 minutes, until sauce is hot. Serve.

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