

Belen's Party Meatballs Published July 9, 2020, by Ivan

This is the recipe for my mom's party meatballs.

INGREDIENTS (Makes 8)

1/3 lbs Ground Beef
1/3 lbs Ground Pork
1/2 cup White Onions (Chopped)
1 clove Garlic (Chopped)
1 egg
1/2 cup Bread Crumbs
1/4 tsp Apricot preserve
4 tsp Barbecue Sauce
Butter
Olive Oil
Salt and Black Pepper

INSTRUCTIONS

1. Chop 1/2 cup white onions and 1 clove garlic. Set your stove on a low temperature to warm a frying pan with no oil. We are going to dehydrate the onions and not cook them. Add the onions and when the onions shrink to half their size, then increase the electric stove to 1/4 power. Add a little oil and the chopped garlic. Cook the garlic until they are lightly golden brown, then allow the onions and garlic to cool to room temperature.
2. Scrambled the yoke of one egg. The egg yolks create a silkier meatball interior. Add 1/2 cup bread crumbs, 1/3 lbs ground pork, 1/3 lbs ground beef, 1/4 tsp salt, and 1/4 tsp black pepper. Fold the ingredients together. Avoid squeezing the ingredients between your fingers. Add the dried onions and garlic to each bowl based on your preference. Mix the ingredients and shape the meat into a ball. Cover the bowl with clear wrap and place the bowl in the refrigerator for 20 minutes to an hour. This will allow all the flavors to meld together.
3. Divide the meat into eight meatballs. Each piece will be a golf ball size meatball. You can divide the meat to create 10-12 meatballs as an appetizer. Shape the portions into a meatball. Do not apply too much pressure shaping the meatballs. The meatballs will be small enough that the meatballs will cook thoroughly in a frying pan.
4. Heated a frying pan to 1/3 power on an electric stove. Add 1 Tbsp olive oil and 1 Tbsp butter to the frying pan. Add the meatballs and brown all sides of the meatball. Cover the frying pan with a lid and occasionally turn the meatballs for even cooking. I always take a taste test to determine if my meatballs are done. Crack one open to make sure the internal temperature is 160°F because of the pork. The meatball interior should be steamy and the juices clear. Note: Meatballs that are pan-fried will not come out perfectly round. A perfectly round meatball requires deep frying.
5. Heated a clean frying pan to 1/3 power on an electric stove. Move the meatballs to the clean frying pan for glazing. Add 1/4 tsp apricot preserve and 1-2 tsp barbecue sauce to the meatballs. The amount of barbecue sauce will depend on how much you like your particular barbecue sauce. Keep in mind the meatball will become sweeter and sweeter as the glaze thickens due to the apricot preserve. Add 4 Tbsp water to the frying pan to help steam the meatballs. The water will also keep the sauce from burning and becoming overly sweet. Lid the frying pan and turn the meatballs in the sauce frequently for 5-8 minutes, then you are ready to serve. As a party appetizer, you will want to keep the meatballs warm in a low-temperature oven or use a covered warming tray.

Plating: Serve as an appetizer with a vegetable tray or serve as an entree with your favorite side dishes. They make great barbecue meatball sliders on yeast rolls.

Thanks for stopping by. I hope you enjoy your own Party Meatballs. Remember to share your recipes like Ms. P.

Until next time. Adios