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High Desert Foodie E-Newsletter

Fresh From the Kitchen

Three Mini-Meatballs

Just the right size! These mini-meatballs are packed with flavor and enjoyed in one bite. The sauces make them even better! Serve with cocktail picks and appetizer plates.

Thai Mini-Meatballs with Spicy Peanut Sauce

Makes 60-70 1-inch mini-meatballs

Meatball Ingredients:

- 1 lb. ground beef (96% lean)
- 1 lb. ground pork
- 1 tablespoon sesame oil
- 1 cup Panko breadcrumbs
- 2 teaspoons finely grated fresh ginger
- 3 cloves garlic, crushed
- 2 eggs
- 4 scallions, sliced thinly
- 1/2 teaspoon Kosher salt
- 1/2 teaspoon ground black pepper
- Olive oil for the baking pan

Glaze Ingredients:

- 1/2 cup soy sauce
- 1 cup water
- 1 tablespoon rice wine vinegar
- 1 teaspoon sesame oil
- 1 tablespoon cornstarch

Dipping Sauce Ingredients:

- 1/2 cup peanut butter
- 2 tablespoons fresh lime juice
- 2 tablespoons soy sauce
- 1 teaspoon rice wine vinegar
- 2 teaspoons sugar
- 2 cloves garlic, crushed
- 1 teaspoon finely grated fresh ginger
- 1 teaspoon sesame oil
- 1/4 teaspoon hot sauce
- 1 scallion, thinly sliced, (optional, for garnishing)
- 1 tablespoon peanuts, (optional, for garnishing)

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Page 2, continued**Directions:**

1. Preheat the oven to 400°F.
2. Mix all the meatball ingredients, (beef, pork sesame oil, breadcrumbs, ginger, garlic, eggs, and scallions), together in a large bowl.
3. With a small scoop or spoon, form small balls about 1-inch in diameter. Place on a lightly oiled rimmed baking sheet, and bake in the hot oven for 14-16 minutes or until cooked through. (This step may be accomplished a day ahead of time and the meatballs refrigerated or frozen for up to a month.)
4. Prepare the glaze by combining the soy sauce, water, rice wine vinegar and sesame oil in a small saucepan and bring to a boil. Mix the cornstarch in a small amount of water to make a slurry. Add to the boiling mixture and whisk until thickened. Pour over the baked meatballs.
5. Whisk the sauce ingredients together when ready to serve. Serve the sauce as a bed for the meatballs or on the side. Spear each meatball with a cocktail pick and place on a presentation plate for serving. Garnish, if desired with additional scallion and chopped peanuts.

Adapted from <http://www.gimmesomeoven.com/saucy-asian-meatballs/>

BBQ Mini-Meatballs with Sweet & Tangy Sauce

Makes 60-70 1-inch mini-meatballs

Meatball Ingredients:

- 1 lb. ground beef (96% lean)
- 1 lb. ground sausage, hot & spicy
- 1 cup Panko breadcrumbs
- 1/2 cup beef broth
- 1 tablespoon parsley, minced
- 3 cloves garlic, crushed
- 2 eggs
- 1/2 teaspoon Kosher salt
- 1/2 teaspoon black pepper
- Olive oil for the baking pan

Dipping Sauce Ingredients:

- 8 oz. jar grape jelly
- 1 cup BBQ sauce

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Page 3, continued**Directions:**

1. Preheat the oven to 400°F.
2. Mix all the meatball ingredients, (beef, sausage, breadcrumbs, beef broth, parsley, garlic, eggs, salt, and pepper), together in a large bowl.
3. With a small scoop or spoon, form small balls about 1-inch in diameter. Place on a lightly oiled rimmed baking sheet and bake in the hot oven for 14-16 minutes or until cooked through. (This step may be accomplished a day ahead of time and the meatballs refrigerated or frozen for up to a month.)
4. In a small saucepan, heat the jelly and BBQ sauce and whisk until evenly combined. (It's only necessary to warm the ingredients; do not allow to simmer or boil.)
5. Pour the sauce over the meatballs, toss to coat, and serve. Or use the sauce as a bed for the meatballs, or serve the sauce on the side.

Swedish Meatballs with Sour Cream Sauce

Makes 60-70 1-inch mini-meatballs

Ingredients:

- 1 small onion, finely diced
- 1 tablespoon olive oil
- 1 lb. ground beef (96% lean)
- 1 lb. ground pork
- 1 cup Panko breadcrumbs
- 1/2 cup beef broth
- 1 tablespoon parsley, minced
- 3 cloves garlic, crushed
- 2 eggs
- 1/4 teaspoon ground allspice
- 1/2 teaspoon Kosher salt
- 1/2 teaspoon black pepper
- Olive oil for the baking pan

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Dipping Sauce Ingredients:

2 tablespoons butter
2 tablespoons flour
1 cup beef broth
1/2 cup sour cream
(additional for garnishing)
Salt and pepper to taste
1 tablespoon minced parsley (for garnishing)

Directions:

1. In a small skillet, sauté the finely dice onions in the olive oil until translucent, about 5 minutes. Cool slightly.
2. Mix the onions with the beef, pork, breadcrumbs, broth, parsley, garlic, eggs, and spices.
3. With a small scoop or spoon, form small balls about 1-inch in diameter. Place on a lightly oiled rimmed baking sheet and bake in the hot oven for 14-16 minutes or until cooked through. (This step may be accomplished a day ahead of time and the meatballs refrigerated or frozen for up to a month.)
4. In a small saucepan, cook the butter and flour roux for 2 minutes. Add the beef broth whisking until smooth. Add the sour cream. Season generously with salt and pepper.
5. Pour the sauce over the meatballs, toss to coat, and serve. Or serve the sauce as a bed for the meatballs or on the side. Garnish with minced parsley.