

Monster Meatballs

(courtesy Chef Chantel Williams, Rosebank campus)

Makes 12 slider meatballs or 36 regular sized meatballs.

"My go to meatball recipe is one I most often use for making meatball sliders, hence the name 'monster meatballs' because it's a little bigger than your average sized meatball. Sliders are perfect for a family meal and can last up to three months in the freezer."

INGREDIENTS

500 g ground beef
250 g ground pork (can be substituted for finely diced bacon)
1 medium onion, minced
3 garlic cloves, crushed
180ml breadcrumbs
5 ml paprika
5 ml dried oreganum
5 ml fresh thyme, minced
5 ml fresh rosemary, minced
10 ml salt & black pepper
1 egg, beaten
15 ml milk
15 g Parmesan cheese, grated
30 g butter, cubed (cold)
20 ml olive oil

METHOD

- 1 Prepare a baking tray by brushing it with oil or coating with baking spray.
- 2 Add ground beef and ground pork to a large bowl.
- 3 Add onion, garlic, breadcrumbs, spices and herbs to the ground meat and combine
- 4 Mix in beaten egg, milk and Parmesan to bind together.
- 5 Divide mixture into 12 equal portions. Place a single cube of butter into each portion (as the meatball cooks, the butter melts and adds moisture to the meatball).
- 6 Shape the meatball around the butter cube forming a ball.
- 7 Evenly coat each meatball in olive oil, place on a prepared baking tray and refrigerate for an hour.



TO MAKE MONSTER SLIDERS

- 1 Preheat oven to 180°C.
- 2 Fry meatballs in a little oil, over medium-high heat till half done.
- 3 Once firm, gently press down using the back of a fork or spatula.
- 4 Slice 12 mini buns in half horizontally. Place bottom halves cut side up, onto a prepared baking tray. Place a meatball on

each roll. Top meatballs with a tomato-based pasta sauce, add a couple of fresh basil leaves and grated cheddar and mozzarella. Place bun tops over the meatballs and bake for 10 to 15 minutes or until cheese has melted and sauce is heated through.