



Lela at Sheraton Bloomington Hotel: Meatballs

Makes 24 meatballs

Ingredients

- 2 cups sourdough bread, torn into small pieces
- 1 pint heavy cream
- 1/2 onion, diced
- 2 cloves of garlic
- 1 tbsp kosher salt
- 2 bay leaves
- 1 tbsp black peppercorns
- 1/2 tbsp juniper berries
- 1 tbsp fennel seeds
- 1 lb ground beef
- 1 lb ground pork
- 1 lb ground veal
- 1 cup grated parmesan
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh oregano, chopped
- 1/4 cup fresh tarragon, chopped
- 2 eggs

Instructions

1. Soak breadcrumbs in heavy cream for at least 2 hours, but ideally overnight.
2. Sauté onion over a medium heat with a little olive oil until soft, translucent, and slightly browned (about 5 mins). Add garlic and continue to sauté for 2 more minutes. Remove from the pan and allow to cool.
3. Toast salt, bay leaves, peppercorns, juniper berries, and fennel seeds in a hot sauté pan for around a minute, moving them around constantly so as not to burn. Add to a spice grinder and grind to a fine powder.
4. In a large bowl, combine soaked breadcrumbs, cooked onions and garlic, spice mix, and remainder of ingredients. Mix by hand until well incorporated.
5. Shape your meatballs to desired size, arrange on a sheet tray, and leave to chill in the refrigerator for 30 minutes.
6. Meanwhile, preheat the oven to 400°F.
7. Preheat a sauté pan and add some olive oil. Sear the meatballs, working in small batches as to not overcrowd the pan. Once you have a good color on the meatballs, remove from the sauté pan and place on a lined sheet pan.
8. Cook in the oven until cooked through. For a golf ball-sized meatball, this should take around 10-12 minutes. Cooking time will increase with the size of the meatball.
9. Serve on its own, with marinara, or on a bed of your favorite pasta.

