JENNIFER QUAIL

INGREDIENTS:

1-POUND GROUND MEAT (TRADITIONAL IS ⅓ BEEF, ⅓ PORK, ⅓ VEAL; I'VE USED ALL BEEF, HALF BEEF/HALF TURKEY, PORK/TURKEY, SO ANY MIX TO TASTE)

1 EGG

⅔ CUP BREADCRUMBS

½ CUP MILK OR 2 TABLESPOONS

SOUR CREAM FOR DENSER MEATBALLS

1 TEASPOON SALT OR TO TASTE

½ TEASPOON GINGER

½ TEASPOON NUTMEG

½ TEASPOON ALLSPICE

1 TEASPOON GROUND BLACK PEPPER

4 TABLESPOONS BUTTER

1. Combine meat and eggs until well-blended (you can use a stand mixer if you want). Mix breadcrumbs and milk in a small bowl. Combine with meat, add spices, and mix until well combined.

2. Form the mixture into balls. The size of golf balls would be traditional, but if you want to make them toothpick-friendly, think more like large marbles. Just remember, the smaller they are, the faster they cook.

3. Melt about 4 tablespoons of butter in a heavy skillet or a Dutch oven. Brown your meatballs until they're cooked through (you may need to do them in multiple batches.) Add butter as needed. You can also brown the outside and transfer the meatballs to an oven-proof dish and finish them in a 325° F oven.