

Meatball Fricassee

A Young Chefs® Academy Recipe

Ingredients	Equipment
1 Tbsp. olive oil 1 medium yellow onion, diced ½ green bell pepper, diced ½ cup diced celery 2 large cloves garlic, minced 1 lb. ground beef chuck, 80/20 fat 1 lb. ground pork 1 tablespoon Worcestershire sauce ½ cup Parmesan cheese ½ cup crumbled Ritz crackers ¼ cup chopped flat-leaf parsley 2 tsp YCA spice blend recipe 1 recipe dark roux 1 yellow onions, small dice 1 green bell pepper, small dice 1 cup celery, small dice 2 cups chicken stock 2 cups long-grain rice 4 cups chicken stock 1 Tbsp. butter 3-4 green onions, green part only, thinly sliced	Knife Cutting board Large skillet Wooden spoon Mixing bowls Measuring cups/spoons Grater 9 X 13-inch baking dish Scoop Saucepan Whisk Microwave safe liquid measuring cup Fork

Let's Get Cooking!

1. Preheat the oven to 400°F. Line a sheet pan with foil and set aside.
2. In a large skillet over medium-high heat, add the olive oil and allow the oil to heat. Add the onion, bell pepper and celery, and sauté until tender. Add the garlic; continue to cook until the onions begin to brown, about 3-4 minutes more. Remove from the heat and let cool.
3. In a large mixing bowl, add the ground beef and pork; mix together. Add the sautéed vegetables, Worcestershire, parmesan, cracker crumbs and essence. Using your clean hands, mix the meat mixture well and scoop into about 1 ½-inch meatballs. Transfer the meatballs to the prepared pan.
4. Bake for 20 minutes. Once done, remove from the oven and keep warm.
5. While the meatballs are baking, add onions, bell pepper and celery to the skillet with the dark roux; cook for about 5 minutes. Add the chicken stock; stir until blended.
6. Lower the heat to simmer and add the cooked meatballs to the gravy. Cover and cook for an additional 20-30 minutes. Taste and adjust seasonings.
7. In a large saucepan, add the water and butter. Bring to a boil; add the rice. Stir and bring back to a boil, cover and reduce the heat to medium-low. Cook for 15-20 minutes or until the liquid has been absorbed by the rice. When done, fluff with a fork.
8. Serve the meatball fricassee over the rice; garnish with the green onions. Serve while still warm.

Yield: about 6 - 8 servings

