

MEGA BACON MEATBALLS

F EASY

Last Modified: 01/26/2016

PREP: 30 Min
COOK: 1 Hr
OVEN: 375

BEEF

MAKES 8 MEATBALLS (Or 16 Up To 32)

QUA	MEASURE	INGREDIENT	PROCESS
1	Pound	Ground Round (85 / 15)	
1	Pound	Ground Pork	
1/2	Pound	Lean Thin Sliced Bacon	Fine Ground
4	Tbsp	Dried Parsley	
2	Tsp	Garlic Powder	
1	Tsp	Onion Powder	
1	Tsp	Dried Hand Rubbed Sage	
1/2	Cup	Parmesan Cheese	Grated
1/2	Cup	Plain (Or Italian) Breadcrumbs (Progresso)	
2	Tsp	Kosher Salt	
1	Tsp	Fresh Ground Black Pepper	
2	Large	Eggs	Beaten
1/4	Cup	Vegetable Oil (For Frying)	

PREPARATION

FACTOID	Homemade Meatballs: ALWAYS use Ground Beef with between 15% and 30% fat content for ANY of your homemade Meatball recipes. Any less and they will be dry and tasteless - Any more and they will burn too easily. The Ground Pork and Bacon do add a LOT of tasty fat in this recipe, so a leaner Ground Beef is required for an overall fat content consistency here.
NOTE	These Meatballs are relatively large (nearly 1/4 pound each).
HINTS	Eight Meatballs will quite nicely make a Spaghetti Dinner for 4. Sixteen of them make for some extremely tasty and reheatable Meatball Sandwiches or even a Meatball Slow Cooker Appetizer. You could make as many as 32 Meatballs for the appetizer.
HINTS	You may optionally use a disher of the correct size to make those smaller appetizer sized Meatballs and fry them in batches in the Vegetable Oil.
TOOLS	1) Large Mixing Bowl 2) Food Processor OR Blender 3) Large Non-Stick Skillet 4) Aluminum Half Sheet Pan 5) #6 Batter Disher (White) 6 Oz = 12 Meatballs OR 5) #12 Batter Disher (Green) 3 Oz = 22 Meatballs OR 5) #24 Batter Disher (Red) 1.5 Oz = 42 Meatballs 6) Pastry Scraper 7) Instant Read Thermometer

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PREP	<p>DISH</p> <p>1) Grate the Parmesan Cheese and set it aside. 2) Beat the Eggs until there are no white streaks visible and set them aside. 3) Chop the Bacon Slices and place them a little at a time into a food processor and pulse until they are all ground into a thick paste. You want Bacon "flavor" here, not chunks. 4) Preheat the oven to 375 degrees with a rack near the center.</p>
1	<p>In a large mixing bowl add in all ingredients except the Vegetable Oil. Squeezing lightly to mix. Shape it into a log on a cutting board. Using a pastry scraper, cut the log in half, cut each half in half cut each quarter in half for 8 Meatballs. Do NOT over mix or ball them together too tightly - We are seeking tender here.</p>
2	<p>In a large oven proof non-stick skillet over medium high heat, add in the Vegetable Oil and heat until it just shimmers. For larger quantities, you can place them on non-stick cooking sprayed sheet pans after frying, again, so they are not touching each other.</p>
3	<p>Meanwhile, Oil your hands with a little extra Vegetable Oil to prevent sticking and lightly roll the Meatballs. Place each in the hot oil so they aren't touching. Using tongs, carefully roll each Meatball around until they are all light golden brown all over. Do NOT brown them too much as they will complete their browning process in the oven.</p>
4	<p>Transfer the skillet or sheet pans to the oven and roast until just barely cooked through (155 degree internal temperature), about 15 minutes for 8 Meatballs, 12 minutes for 16 and 10 minutes for 32. TIME IT!</p>
5	<p>Rest them for 10 minutes. Use these Meatballs in Sandwiches by substituting them for the Sausages in Recipe: Sandwich Italian Sausage Sandwich. Or use the smaller versions in any of the Meatball Appetizer Recipes.</p>
SERVE	<p>Serve while hot. Use these Meatballs in Sandwiches by substituting them for the Sausages in Recipe: Sandwich Italian Sausage Sandwich. Or use the smaller versions in any of the Meatball Appetizer Recipes.</p>
HINTS	<p>Once baked they may be individually frozen. Do NOT allow them to touch each other (and stick together) until after they are frozen hard. Store them sealed in a zip lock bag for a couple of months before thawing separated in the refrigerator and re-heating.</p>

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