

CURRIED MEATBALLS & CURRY SAUCE

F EASY

Last Modified: 01/10/2016

PREP: 15 Min
COOK: 2 Hrs 30 Min
SLOW COOKER

APPETIZER

MAKES 15 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Pounds	Frozen Cooked Meatballs (1 Oz)	Thawed
OR			
2	Recipes	Scratch Meatballs (ANY U Like)	Pre-Cooked

CURRY SAUCE			
3	Tbsp	Canola Oil	
1	Tsp	Brown Or Black Mustard Seeds	
8	Large	Shallots	Fine Dice
10	Cloves	Garlic	Minced
2	Inches	Fresh Ginger (Peeled)	Minced
4	Tsp	Ground Coriander	
2	Tsp	Ground Cumin	
1/2	Tsp	Cayenne Pepper	
1	14 1/2 Oz	Can Diced Tomatoes (Hunts)	
2	13 1/2 Oz	Cans Coconut Milk (Thai Kitchen) NOT Reduced Fat	
1/4	Cup	Fresh Coriander Leaves (Cilantro)	Fine Chop
1	Whole	Lime	Juiced
1	Cup	Water	
1	Tsp	Kosher Salt	

PREPARATION	
FACTOID	Use any frozen, prepared Meatballs you like, or, preferably, make your own from scratch from any of the recipes in here
CAUTION	The voice of experience here: Before beginning, nuke a frozen Meatball in the microwave and taste it! I once purchased a 5 pound bag from Gordon Food Service that ended up having a horrible aftertaste. & the dish-to-pass we made SUCKED and ended up being trashed & re-done.
TOOLS	1) Crock Pot 2) Large Non-Stick Skillet & Lid 3) 2 - Aluminum Half Sheet Pans
PREP	CURRY SAUCE 1) Finely dice the Shallots and set them aside. 2) Mince the Garlic Cloves and place them on top of the Shallots. 3) Peel and mince the Ginger and place it on top of the Shallots. 4) Finely chop the Cilantro Leaves and set them aside.

CURRIED MEATBALLS & CURRY SAUCE

PREP	<p>MEATBALLS</p> <p>1) Partially Thaw the Meatballs to allow separating them. Most pre-packaged frozen Meatballs <u>still</u> have a lot of grease inside.</p> <p>2) Preheat the oven to 350 degrees with racks in the middle and lower third.</p> <p>3) On 2 sheet pans lined with parchment paper spread the Meatballs out evenly - NOT touching. Bake them for 20 minutes. Place the hot Meatballs on paper towels to drain off any remaining Fat.</p>
1	<p>CURRY SAUCE: In a large non-stick skillet over medium high heat, heat the Canola Oil until nearly smoking. Add in the Mustard Seeds, quickly covering the pan with a lid so you don't get popping seeds all over you and the kitchen.</p>
2	<p>CURRY SAUCE: When the sputtering subsides, add in the Shallots, Garlic and Ginger and cook until golden brown and fragrant. Then, add in the Ground Coriander, Cumin and Cayenne Pepper. Stir while cooking for 30 seconds. Add in the Diced Tomatoes and cook until they soften, about 5 minutes more.</p>
3	<p>CURRY SAUCE: Add in the Coconut Milk, Water, Salt and bring to boil. Turn down to a simmer and cook until thickened, about 10 minutes. Taste and adjust with Salt and Pepper to taste. To finish, add in the Cilantro and Lime Juice. Shake the pan gently to mix them in.</p>
4	<p>MEATBALLS: Add the Meatballs into the crock pot on low heat. Pout the Curry Sauce evenly over the Meatballs. Continue cooking for 2 hours, or until hot. Just before serving, stir carefully one time to evenly coat the Meatballs with the Curry Sauce. CAREFUL - once hot, the Meatballs will crumble apart easily.</p>
SERVE	<p>Serve while hot with a large serving spoon and toothpicks on the side.</p>