



sweet & sour pineapple meatballs

Can't you just hear Elvis strumming a uke? See Harry Truman sporting an Aloha shirt? Well, now you can taste some Polynesian paradise in these sweet and sour pineapple meatballs. Rock-a-hula Baby and get rolling on these supremely saucy, tender spheres best piled atop a Mauna-kea (white mountain) of rice.

SERVES: 8-10



julie albert & lisa gnat

ingredients

Meatballs

- 2 lbs lean ground beef
- 1 cup breadcrumbs
- 3/4 cup milk
- 2 large eggs, lightly beaten
- 2 tsp kosher salt
- 1/2 tsp freshly ground black pepper

Sweet and Sour Pineapple Sauce

- 3 cups canned pineapple chunks, with syrup
- 1 3/4 cup Heinz chili sauce
- 1 cup cubed red bell pepper
- 1/2 cup soy sauce
- 1/2 cup cider vinegar
- 1/2 cup packed brown sugar
- 1/3 cup cornstarch
- 1 cup water

directions

1. For the meatballs, preheat oven to 500°F. Line a large baking sheet with aluminum foil and coat with non-stick cooking spray.
2. In a large bowl, mix the ground beef, breadcrumbs, milk, eggs, salt and pepper until combined. Add 2 handfuls of very cold water to the bowl and mix until combined. Shape the beef mixture into 1-inch meatballs. Place in a single layer on the prepared baking sheet and bake 12-15 minutes. Remove from oven and drain on paper towel.
3. For the sauce, in a large saucepan, combine pineapple chunks (with syrup), chili sauce, red peppers, soy sauce, vinegar and brown sugar. Place cornstarch in a small dish, stir in 1 cup of water until smooth and add to saucepan. Bring to a boil over medium heat, continuously stirring until sauce thickens. Gently stir meatballs into sauce, cooking until heated through.

