



Green for Go Local

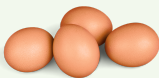
Ingredients in **green** = locally grown or produced



Beef



Oatmeal



Egg



Honey



Potatoes



Milk

Giant Sweet and Sour Meatballs

By Jenny & Rosie with Chantelle Webb, Chef and part-owner of Lunn's Mill in Lawrencetown, NS

Yield: 50 Elementary School servings

Serving Size: 1 meatball, 2 Tbsp (30 mL) sauce, ½ cup (125 mL) potatoes

Ingredients

For Meatballs:

2 large	Onions , minced
8 cloves	Garlic , minced
10 lb (4.54 kg)	Ground beef or pork (or a mixture)
2 cups (500 mL)	Oatmeal
4	Egg
¼ cup (60 mL)	Dry mustard
4 tsp (20 mL)	Salt
2 tsp (10 mL)	Black pepper
5 Tbsp (75 mL)	Worcestershire sauce

For Sauce:

2 × (398 mL) can	Crushed pineapple
½ cup (125 mL)	Ketchup
½ cup (125 mL)	Apple cider vinegar or white vinegar
½ cup (125 mL)	Honey or brown sugar
2 tsp (10 mL)	Soy sauce
2 tsp (10 mL)	Freshly grated ginger or ½ tsp dried ginger
¼ cup (60 mL)	Water
2 tsp (5 mL)	Cornstarch

For Mashed Potatoes:

16 lb (7 kg)	Potatoes , peeled if necessary and cut into 1-inch chunks
¼ cup (60 mL)	Salt
1 cup (227 g)	Butter
8 cups (2 L)	Milk , warmed in the microwave or a small pot

Directions

Note: Wash all produce well.

1. Preheat the oven to 350°F (175°C). Purée the onion and garlic in the food processor or finely mince by hand.
2. In a large bowl or on a large sheet pan, spread out ground meat. Add onion and garlic purée, oatmeal, eggs, dry mustard, salt, black pepper, and Worcestershire sauce. Use hands to mix until thoroughly combined.
3. Line a baking sheet with parchment. Using a 3 oz (85 mL) scoop, portion the meat mixture onto the parchment.
4. Bake the meatballs until cooked through and the thermometer reads 160°F (71°C), about 25–30 minutes. Pile them into a hotel pan and hold warm until needed at a minimum 140°F (60 °C), checking at regular intervals, in an oven or steam table set to 170°F (75°C).
5. In a 1 quart (1 L) saucepan, combine the pineapple, ketchup, vinegar, honey, soy sauce and ginger. Bring to a simmer over medium heat. Whisk together water and cornstarch and add to pineapple mixture. Cook and stir until thick. Pour the sauce over the meatballs in the pan, or serve on the side.

Directions continued on next page...



Equipment

- Large bowl
- Baking sheet
- 3 oz (85 mL) scoop
- 16 qt pot
- 2 qt saucepan
- Food processor

Note from the Authors

"Rolling a lot of meatballs and serving them is a lot of work, so we streamlined the preparation to make just one meatball per serving. Luckily, kids really seem to love the idea of anything "giant!" If you'd prefer, serve the meatball with rice!"

- Jenny & Rosie

6. Meanwhile, place the potatoes in a large pot, add salt and enough water to cover the potatoes. About an hour before they are needed, cover the pot and bring to a boil over high heat, then reduce the heat to medium. Cook until potatoes are tender, about 20 minutes.
7. Drain potatoes and return to the pot. Add butter and mash, then add milk and mash again until smooth. Taste and add a little salt if needed. Hold the potatoes at a minimum 140°F (60°C) internal temperature, in the pot or in a steam table pan. Serve the meatballs with a scoop of mashed potatoes, sauce and desired vegetables on the side.

Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking!

- ★ **Peas**
- ★ **Brussels sprouts**
- ★ **Carrots** - cooked or raw
- ★ **Broccoli** - cooked
- ★ **Cucumber**
- ★ **Corn**
- ★ **Green or yellow beans**
- ★ **Turnip** - raw or roasted
- ★ **Sauerkraut**
- ★ **Fiddleheads** - cooked
- ★ **Squash** - roasted or mashed
- ★ **Kale** - chips, boiled or shredded raw
- ★ **Coleslaw or broccoli slaw**
- ★ **Beets** - grated raw, pickled or roasted
- ★ **Fruit**

Tips & Tricks

Change It Up!

- Serve with brown rice (see Egg Roll in a Bowl recipe) instead of mashed potatoes.
- Serve the meatballs with cranberry sauce or gravy.
- Swap in 4 cups diced apples for the pineapple to make Apple Sweet and Sour Sauce. Omit the cornstarch and add 1 extra cup of water to the mixture, bring to a simmer and cook until thickened, about 20 minutes.

Make Extra

Make extra meatballs with fresh (not previously frozen) beef or pork and freeze for next time. To freeze, lay out on a baking sheet pan individually in the freezer so they don't clump, when partially frozen transfer into sealed bags or containers, making sure to note quantity.

Veg It Up!

For a delicious take on *Stamppot* (a traditional Dutch dish), add sliced carrots, onions, or kale to the potatoes in Step 5.