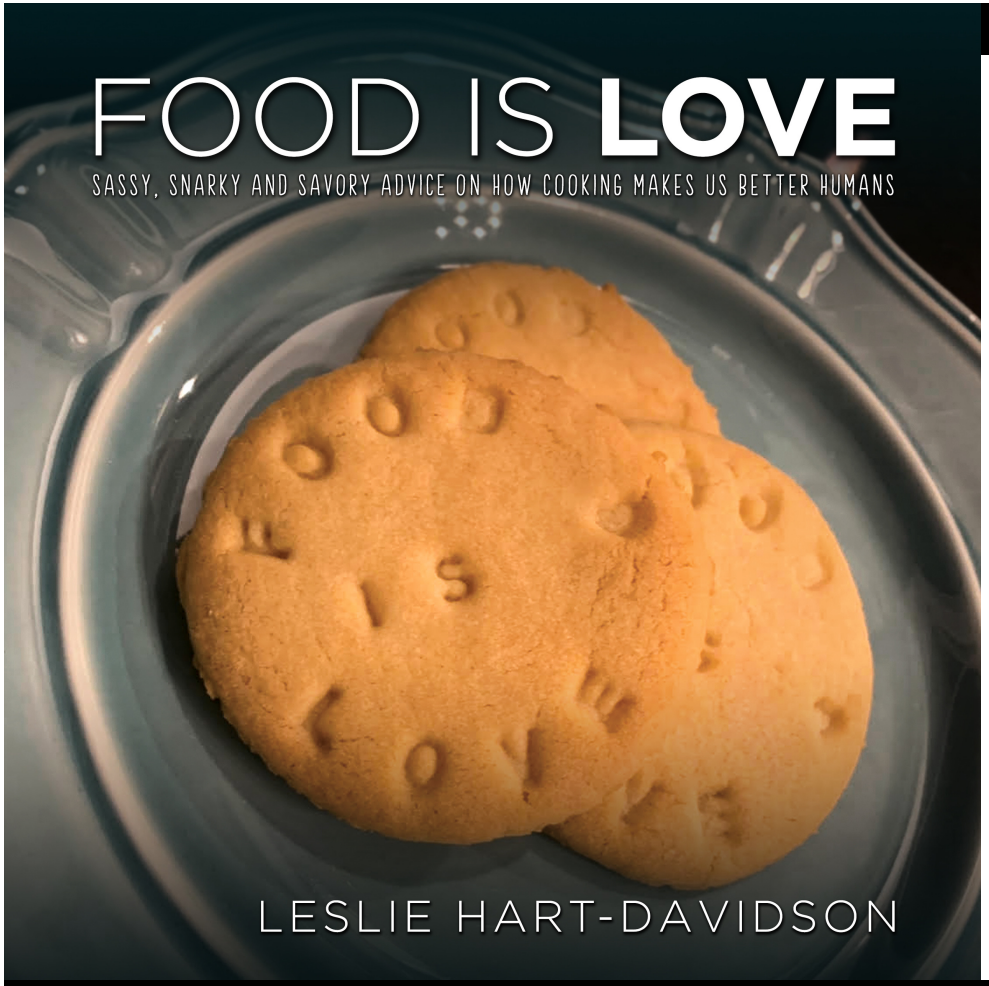

Please enjoy this recipe
Jim Hart's Meatballs
from
FOOD IS **LOVE**

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jim hart's meatballs

I was prepared to never talk to him again, but...meatballs.

"I only make these for people I love," is what I say to folks when I feed them Jim Hart's meatballs. I'll be up front in telling you that ballification is a labor of love and will take a hot minute to get going. Once you spend the morning assembling the sauce and balls, you can nestle the balls in their liquid bliss in the crock pot and let them rock on their own until dinner-time. I pinky swear it'll be worth it.

Meatballs

2 lb fresh ground beef (85-90% lean)
3 slices toasted wheat or seedy bread, cut into itty bitty cubes
2 eggs
2 tsp horseradish
1 tsp garlic powder
¾ tsp salt
½ tsp allspice
¾ tsp nutmeg
1 tsp dried oregano
2 tsp ground pepper
2 TB worchestershire
1 TB ketchup
1 small onion, finely diced
⅓ evoo for browning

Sauce

1 46oz can/jar tomato juice
1 6oz can Italian style tomato paste
1 15oz can tomato puree
1 tsp garlic salt
2 tsp sweet basil
2 tsp sugar
1 tsp brown sugar

(continued on next page)

Serves: 6
Pairs with: nostalgia & people you love.
Note: don't burn your balls or they'll ruin the sauce.

Bring the tomato juice to a boil in a large pan, then lower to a simmer until reduced by 1/3 (about 20 minutes). In a crock pot set on low, mix together the remaining sauce ingredients, then pour in the tomato juice.

While the tomato juice is reducing, whisk together the eggs with the spices and wet ingredients in a large bowl. Add the ground beef, then plop in the teeny tiny toasted bread cubes and diced onion.

If you're squicked out by touching raw meat, grab a plastic glove or a large plastic storage baggie and shove your hand inside like a haphazard food condom. Mix the crap out of the beef goo until you're confident that the mixture is blended (or until your hand hurts. Either one.)

Prepare a non-stick skillet with a tablespoon or two of evoo and turn heat to medium. To form the balls, grab a plate to stage the meatballs ready to be browned and another lined with paper towels to receive the completed ones. Using a tablespoon, grab a chunk of meat mixture about golf ball size with your dominant hand and place it in your other hand. Use the tablespoon to form the ball, rolling it around until uniform. Place on the staging plate until full.

To brown the balls, roll the evoo around the pan to cover the bottom. Imagine the pan as a clock and begin placing the balls at 6pm, moving clockwise and making a second ring inside if necessary (about 12 balls maximum). Jiggle the pan when all are placed to prevent sticking. Check the heat and browning level after one minute. Using tongs, start at 6pm again and flip each ball in the order you placed them and adjust heat if necessary.

Repeat the flip two more times, turning to a fresh side to brown each time. When the balls are uniformly browned, remove to the paper towel lined plate.

Continue the browning with the next batch, adding more oil or stopping to wipe out any burned bits if necessary. When all the balls are browned, lovingly spoon each ball into the crock pot tomato bath, softly pressing each down into the liquid to make room for the next. Cook for up to 10 hours on low, stirring frequently with a gentle hand.

Serve with spaghetti and Waldorf salad.

After stirring, try dipping wavy potato chips in the sauce. My mama and I would do that every time Jim Hart made meatballs, much to his dismay.