



MEATBALLS FROM LIÈGE

Ingredients:

For the meatballs:

- 2 shallots
- 500 grams of minced meat (pork and beef)
- A small bowl of old bread, in pieces
- Milk (enough to soak the bread)
- 1 egg
- 4 tablespoons of parsley (be generous)
- 1 teaspoon thyme
- 1 teaspoon savory
- 1 teaspoon nutmeg
- Black pepper and salt
- Butter, olive oil

For the sauce:

- 2 shallots
- 2 tablespoons of balsamic vinegar
- 2 bay leaves
- 2 (less or more) tablespoons of "Sirop de Liège" (a sirop made of apples, pears, apricots and dates)
- Black pepper and salt



MEATBALLS FROM LIÈGE

Recipe:

Meatballs

1. Wash your hands and get all ingredients in your kitchen!
2. Start with chopping all the shallots, keep two by two separate. You can cut them as small as possible or chop.
3. Tear your bread in pieces, put in a small bowl and cover with the milk. This will soak for a few minutes.
4. Take the first two shallots, heat a pan with some oil or butter and glaze the shallots. Don't let them get too brown, just slightly transparent.
5. In a large bowl, add the meat and the egg.
6. Chop your parsley and add this to the large bowl.
7. Add the thyme, savory, nutmeg, pepper and salt.
8. Squeeze out the bread and add the soft crumbs to the bowl.
9. Add the glazed shallots that may have cooled a bit until now.
10. Mingle everything well and form large meatballs.
11. Heat your pan and add some oil and one or two tablespoons of butter. Let this melt, and add the meatballs. They should bake brown on all sides, but they don't necessarily need to be completely done.
12. Take the meatballs out of the pan and start with the sauce.

Sauce

1. Take the pan you used for the meatballs, don't clean it out. Add an extra tablespoon of butter.
2. Add the shallot until transparent.
3. When they are starting to get brown, add the balsamic vinegar.
4. Then add the bay leaves, 2 tablespoons of "Sirop de Liège", 300 ml of water, the pepper and salt. Remark: if you prefer a thicker sauce, take out 100 ml of the sauce and add a tablespoon of flour to it. Stir this well until dissolved. Then add this mixture to the sauce while continuously stirring.
5. Put back in the meatballs in your pan and let this all simmer for a while. You can choose to cover it and let it simmer on the stove or you can cover it and put it in the oven. Make sure you use a heat resistant pot if you do the second option.
6. Serve the meatballs with fries, mashed potatoes or whatever you prefer.