



MEATBALLS WITH HONEY, GARLIC AND SOY SAUCE

Ingredients:

For the sauce:

- 4 cloves of garlic
- 2 tablespoons olive oil
- 250 ml of water
- 150 ml of honey
- 100 ml of soy sauce
- ½ tablespoon of Chinese 5 spice powder
- ½ tablespoon of ground black pepper
- 2 tablespoons of corn starch in 50 ml water

For the meatballs:

- 600 grams of minced meat (beef/pork)
- Some slices of bread or, 5-7 cm of ciabatta
- Milk
- 1 egg
- 2 tablespoons of olive oil
- 1 tablespoon of butter
- 1 teaspoon of salt
- 1 teaspoon of black pepper
- 1 teaspoon of dry thyme
- ½ teaspoon of ground cumin
- 2 chopped shallots
- 3 cm freshly grated ginger
- 2 cloves of garlic

Materials:

- Sauce pan/ small pot
 - Whisk (metal)
 - Knife, cutting plank
 - Anti-stick pan
 - Large and small bowl
 - Oven resistant casserole
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THE HONEY, GARLIC AND SOY SAUCE - SAUCE

Recipe:

1. Wash your hands.
2. Get all ingredients together and measure everything.
3. Start with the sauce and chop the garlic, or cut it as small as possible.
4. Heat the olive oil in a small pot or a sauce
5. pan. Once the oil is hot, add the garlic. Let simmer for a moment.
6. Before the garlic gets brown, add the water, honey, soy sauce and the spices. Stir well and let simmer.
7. Mix your starch with the 50 ml of water. Make sure there aren't any clumps left.
8. Lower the heat of the stove to medium and while stirring, gently add the starch-water mix. Your sauce will become thicker and thicker. Don't stop stirring!
9. If necessary put the heat higher and let the sauce boil for a moment.
10. Take the sauce off the stove and start with the meatballs.



THE MEATBALLS

Recipe:

1. Cut the shallots and garlic. Keep them separate.
2. Peel the ginger and grate.
3. Take the bread and tear it in pieces. Put it in the small bowl and cover in milk. Make sure every piece touches the milk. The bread has to soak.
4. In your anti-stick pan, put one tablespoon of olive oil and heat. Put in the shallots and let simmer. Don't let them get brown, only slightly transparent.
5. In your large bowl: pour in the minced meat, shallots, garlic, spices, egg, and ginger.
6. Squeeze the milk from the bread and add it to the large bowl. Combine everything evenly. Form meatballs with your hands, or if you prefer with a spoon. Make them as big as you want, but remember that smaller pieces will have to cook less and larger ones need more time. Make them all the same size.
7. Preheat your oven on 200°C
8. Take your antistick pan and heat the last tablespoon of olive oil. Also add the butter. When the butter is melted, gently put in the meatballs and let them get brown evenly.
9. When the outside is evenly baked (not completely on the inside!), transfer the balls to your casserole and cover them in sauce.
10. Close the casserole and put in the oven.
11. After 10 minutes, lower to 175°C and keep it in the oven for another 15-20 minutes.
12. While your meatballs are in the oven, it is a perfect moment to prepare some plain rice. I like to serve it with basmati.
13. Take out the meatballs, serve them on a plate and enjoy!