

Parkdale Food Centre

1 1/2 pounds lean ground beef
1/2 cup seasoned breadcrumbs (preferably panko)
1 egg
1 tablespoon ketchup
2 teaspoons dry mustard (optional)
2 tbsp chopped parsley or 1 tbsp italian seasoning blend
2 cloves garlic finely chopped
4 dashes Worcestershire
Salt and pepper
Flour for dusting

2 tablespoon vegetable oil

Gravy:

1 whole onion, halved and thinly sliced
1 tbsp olive oil
2 cups beef broth
1 tablespoon ketchup or tomato paste
1 tbsp balsamic or red wine vinegar
2 dashes Worcestershire
1 teaspoon cornstarch, optional
Salt and pepper

Start with gravy. Slice one onion as thinly as possible with the lines on the onion. Cook the onion on medium heat until it just starts to brown. Add salt and pepper and continue cooking till well browned.

Add tomato paste and stir it in well. Add balsamic, Worcestershire and 2 cups beef broth. Bring to a boil. Add cornstarch mixture, boil to thicken 1 minute and turn down to low heat.

Meanwhile:

Mix all ingredients for patties in a large bowl. Form into large ovals. Roughly 6 patties. Dust the patties in flour and cook over medium heat in a skillet 2 or 3 at a time till browned on one side. Flip and continue cooking on other till cooked through. Roughly 15 minutes total.

Take patties and add to sauce that has been thickened with cornstarch to get sauce all over each one. Plate and pour sauce over the top. Goes well with potatoes, rice, or even buttered noodles.

Spicy pork sauce with tofu, rice and snow peas

¾ cup brown rice
1 cup snow peas
2 gloves garlic
2 scallions(white parts finely chopped. Green parts sliced. Seperated)
1 tbsp peeled and minced ginger
1 tbsp finely chopped celery
¾lb Ground pork
2 tablespoon soy sauce
2 tablespoons sesame oil(optional)
2 tablespoons ?
2 tablspoons red miso paste
1 cup chicken broth
1 tbsp asian chili sauce
1 tbsp sugar
2tablespoons corn starch dissolved in 1 tbsp water to make a slurry
½ lb tofu cut into 1" cubes. Medium firm or silken tofu

Cook brown rice as per package instructions. Clean snow peas and set aside.
Saute garlic, ginger, white parts of green onions and celery in a skillet over medium heat till fragrant.

Turn heat up to medium high. Add ground pork and cook till browned.
Add chili sauce, chicken broth, red miso, soy sauce, mirin, sesame oil, and sugar. Continue to cook till pork is done. Add cornstarch slurry to thicken sauce.
Add snow peas and tofu. Cook for 2more minutes.
Serve over rice and sprinkle with green onions.

Basic meatball recipe

1 lb beef, ground
½ lb ground pork (optional)
2 large eggs
¼ cup onion, finely chopped
½ cup breadcrumbs, preferably panko
¼ cup milk (substitute water if needed)
1 teaspoon Worcestershire sauce
salt & freshly ground black pepper, to taste

Mix all ingredients in a bowl and form into balls. Size if up to you. These can be baked at 350degrees for 30 minutes. Allow to cool then freeze in Ziploc bags.
Allow to thaw for 30minutes and use in your favorite sauces.

Sauce suggestions:

Basic tomato sauce.

2 cans whole tomatoes (San marzano are the ones you should always choose for tomato sauce if available)

Salt and pepper to taste.

3 tbsp suagr

6 tbsp olive oil

3 cloves garlic peeled

Put tomatoes into a sauce pot. Break them up with your hands. Add salt, pepper, and sugar.

Cook over medium low heat for 2 hrs or till thickened. Can be done in a crock pot.

Meanwhile cook garlic in oil over medium low heat to cook the garlic. Do not brown as it will impart a bitter taste. Strain garlic from oil into sauce and mix to combine. Add as many meatballs as you like to the sauce to heat them through and serve.

Easy coconut curry sauce

1 can coconut milk

1 cup chicken broth

1 stalk lemon grass

1" piece peeled ginger sliced thinly

2 cloves garlic

1 tbsp thai red or yellow curry paste

Combine all ingredients in a small sauce pot and cook over medium high heat till slightly thickened. Reduce heat to medium and add meatballs. Cooking 8-10 minutes to reheat thoroughly.

Serve over rice with a splash of lime and sliced scallions

Moroccan tomato sauce

Use masic tomato sauce from above.

1/2 green pepper diced

1/2 red pepper diced

1 small onion diced

1 celery rib diced

2 cloves garlic minced

2 tsp cumin ground

1/2 tsp cinnamon ground

1 cup chickpeas from can drained

1/2 cup black olives sliced in half

3 tbsp raisins

In a sauté pan cook vegetables for 2 minutes on medium heat. Add spices and continue cooking for 3 minutes. Add 2 cups of tomato sauce from above. Add as many meatballs as you like. Add chickpeas, black olives and raisins. Cook to reheat meatballs and beans.

Serve over rice or buttered noodles.