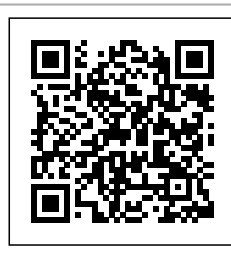


French Onion Meatballs



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Recipe by: Laura Vitale

Serves 6

Prep Time: 20 minutes

Cook Time: 1 hours 0 minutes

Ingredients

For the Meatballs:

- 1-1/2 lb of 85% Ground Beef
- 1 Egg
- 1/2 cup of Milk
- 1/2 cup of Breadcrumbs
- Handful of Parsley, very finely minced
- Fresh Thyme
- 2 cloves of Garlic, minced or Grated
- 1/2 cup of Freshly Grated Swiss or Gruyere
- 1/2 cup of Freshly Grated Parm
- Salt and Pepper to taste
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For the Gravy:

- 1 Tbsp of Olive Oil
- 2 Tbsp of Unsalted Butter
- 2 Yellow Onions, thinly sliced
- 1 Tbsp of Brown Sugar
- Drizzle of Balsamic Vinegar, about 2 tsp
- 1/2 cup of Dry White Wine or Sherry
- 2 1/2 cups of Beef Stock
- Few Dashes of Worcestershire
- 1 cup of Shredded Swiss or Gruyere
- 1/2 cup of Shredded Mozzarella
- Fresh Chopped Parsley

1) Start by making the meatballs, add the milk and breadcrumbs together in a bowl, let them sit aside a few minutes, then in a large bowl, add all the ingredients for the meatballs including the breadcrumb mixture, mix really well to combine, then form into meatballs, place them on a plate, cover and refrigerate 15 minutes.

2) Preheat your oven to 425 degrees.

3) In a shallow dutch oven/braiser, add the butter and oil, preheat over medium heat, add the onions along with a good pinch of salt, cook for about 25 minutes or until deeply caramelized, about 15 minutes in, add the meatballs to the oven and cook about 10 minutes, they should be done right about the same time the onions are.

4) Once the onions are ready, stir in the brown sugar and balsamic, cook about 30 seconds, then add the onion, get that incorporated well in the onions, then deglaze with the wine, cook for about a minute, then add the stock and Worcestershire sauce.

5) Add the roasted meatballs, bring the mixture to a boil, simmer about 20ish minutes or until the gravy has thickened, then sprinkle over the cheese and parsley, put a lid on and cook long enough to just melt the cheese.

