

## MEAT BALL THE WAY CHEF GIL



### **Ingredients (yields 24 units):**

- 500 g of ground beef
- 300 g of ground pork loin
- 200 g smoked sausage without ground skin
- 1 sliced onion
- 2 cloves garlic
- 1 minced seedless red pepper
- 2 tbsp chopped parsley
- 2 tbsp chopped spring onion
- 1 tbsp chopped fresh rosemary leaves
- 1 tsp grated nutmeg
- 60 ml of milk
- 3 beaten eggs
- 250 g of moldy bread
- Salt to taste
- Black pepper to taste
- 2 tbsp olive oil
- Sunflower or corn oil or cotton to fry as needed

**Preparation:**

1. In a fry pan heat the olive oil over medium heat.
2. Fry onions and garlic until tender.
3. Remove from heat and cool.
4. In a bowl add moldy bread, milk and eggs.
5. Let stand for 15 minutes.
6. In a bowl combine the ground beef, pork and smoked meringue.
7. Add the onion with the garlic and the breadcrumbs mixture to the ground meat. Mix well.
8. Add spring onion, parsley, rosemary, nutmeg, salt, red pepper and black pepper. Mix well.
9. Cover with PVC film and refrigerate for one hour to add flavors.
10. Make 2 and 1/2 cm balls with the mixture and approximately 50 g.
11. Heat the oil in a skillet or pan over medium heat.
12. Fry the meatballs gradually.
13. Drain on paper kitchen towels.
14. Serve immediately with pepper sauce.