

Studio 5

Friday, December 8, 2006

“Meatball Appetizers”

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Dairy Farmers of Utah

Swedish Meatball Sauce (makes 2 cups sauce)

- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup beef or chicken broth
- 1/2 teaspoon Worcestershire sauce
- 1 cup sour cream
- 1 teaspoon dill weed, optional
- 1 pound cooked 1-inch mini meatballs*

Melt butter in saucepan over medium heat; stir in flour; cook 1-2 minutes. Gradually whisk in broth and Worcestershire sauce; cook, stirring constantly, until thick and bubbly. Remove from heat and stir in sour cream and optional dill weed. Add pepper to taste. Sauce may be poured over hot meatballs and served warm in chafing dish, or served in a separate bowl and used as a dipping sauce for skewered meatballs.

Classic Sweet n Sour Sauce (makes about 2 cups sauce)

- 1 small bell pepper, cut in
- 1/2 cup packed brown sugar
- 2 tablespoons cornstarch
- 1 can (8 oz.) pineapple chunks or tidbits
- 1/4 cup apple cider vinegar
- 2 tablespoons soy sauce
- 1 pound cooked 1-inch mini meatballs*

Remove top and seeds from pepper; cut into 1-inch pieces and set aside. In medium saucepan, stir together sugar and cornstarch. Drain juice from pineapple into sugar, set pineapple aside. Add vinegar and soy sauce to sugar/juice mixture. Over medium heat and stirring, bring mixture to a boil; add pineapple chunks and bell pepper. Continue stirring, cook 1-3 minutes or until pepper is crisp tender. Sauce may be poured over hot meatballs and served warm in chafing dish, or served in a separate bowl and used as a dipping sauce for skewered meatballs.

Stuffed Mushroom Caps (makes about 36 appetizers)

- 3-4 slices mozzarella cheese
- 1 pound uncooked meatballs*
- 2 pounds fresh medium mushrooms

Preheat oven to 350 degrees F. Cut cheese slices into 1-inch strips, then into triangles. Set aside. Clean and remove stems from mushroom caps. Place 1 small uncooked meatball in each mushroom cap gently pressing into gills. Place mushroom, meatball side up, on baking sheet; bake 20-25 minutes or until cooked through. Remove from oven and place 1 cheese triangle on top each mushroom. Return to oven and bake until cheese is melted. Serve warm.

Other Appetizer Ideas

Core and slice apples; dip slices in lemon juice and water or anti-browning agent to prevent browning; drain well. Serve with slices of sharp cheese.

Serve red grapes with blue cheese.

* Meatballs may be commercial or use meatball recipe from Studio 5 on December 1, 2006. Click our web site for additional ideas in menu planning.