



## Tips and Recipes for your new Meatball Master

### **1. Don't overfill.**

Use the fill line in the bottom tray to ensure that you do not overfill the container. If the container is over filled it will be harder to close and won't remain sealed when frozen.

### **2. Press thoroughly.**

Before freezing, make sure to press down on the middle of the lid to push out all of the air. Removing the air will minimize freezer burn. Next, press down and across the entire tray to seal around the perimeter. This will ensure that the cutters will go all the way through the meat.

### **3. Open upside down when frozen.**

Once frozen, place the container upside down on the counter. Peel back the bottom tray to easily remove frozen portions. Hang one end of the tray off the side of the counter and push down to break off a section.

## Amazing Meatballs



### Ingredients

- 1 ½ pounds ground chuck
- 1 cup dry seasoned bread crumbs
- ½ cup grated Parmesan cheese
- 2 garlic cloves, minced
- ¼ cup chopped fresh parsley leaves
- ½ tsp Kosher salt
- ½ tsp freshly ground black pepper
- 1 extra-large eggs, lightly beaten
- ¼ cup dry red wine
- ¼ cup water

## **Directions**

1. In a large bowl add all ingredients in order listed. Mix gently until all ingredients are combined.
2. Evenly spread mixture into bottom of Meatball Master tray.
3. Place lid on top of the container and press down onto lid starting in the middle and continue pressing to the ends of the container. Run your hands around the perimeter to make sure the lip is sealed all around.
4. If not cooking the meatballs right away store the Meatball Master in the fridge or freezer.
5. In a medium sized pot bring your favorite tomato sauce to a simmer.
6. Drop meatballs into the sauce, cover the pot and simmer until the meatballs are cooked through (no longer pink in the middle).
7. Serve over pasta or rice.

## Chocolate Truffles



*I used to make chocolate truffles every Christmas, but once life got too busy with kids I found that it was too time consuming to have to roll each ball by hand. Now with the Meatball Master, I can easily make 32 truffles in a flash!*

*This recipe is just a guideline for an easy truffle base, you can add all types of flavorings to this base such as almond extract, liqueur, peppermint extract, vanilla etc.*

### **Ingredients**

- 35 oz Dark Belgian Chocolate, chopped into small pieces
- 6 tbsp unsalted butter
- 1  $\frac{3}{4}$  cups heavy cream

## Directions

1. Place chopped chocolate and butter into medium sized, microwave safe bowl.
  2. Bring heavy cream to a simmer and pour over chocolate, let sit for 2 minutes.
  3. Stir the chocolate mixture, if not melted all the way place in the microwave\* and heat on high in 30 second increments until completely melted. Stir in between each 30 second interval.
  4. Pour the mixture into the Meatball Master\*\*, spread evenly then place the lid on top to seal. Place in the fridge or freezer for at least 2 hours.
  5. Once chilled, roll the truffles in desired coatings such as cocoa, chopped white chocolate, coconut flakes, chopped nuts.
  6. Truffles can be frozen for up to 6 months before and after being rolled in coatings.
- \* If you don't have a microwave, you can place the bowl over a pot of simmering water and stir until completely melted.





## Falafels



### Ingredients

- 4 cups cooked chickpeas (from dried not canned)
- 1 small onion, quartered
- 3 cloves garlic, minced
- 1 cup fresh parsley, chopped
- 1 cup fresh cilantro, chopped
- 1 - 2 tablespoons lemon juice (as needed when blending)
- ½ tsp cayenne pepper
- 1 tablespoon ground cumin
- 1 ½ teaspoon salt
- 1 teaspoon ground black pepper



## **Directions**

1. Preheat oven to 450F.
2. Place all ingredients in a food processor. Pulse until the mixture has a grainy texture. You will have to scrape the bowl several times in between pulses and maybe add some of the lemon juice to loosen the mixture.
3. Dump the mixture into the bottom of the Meatball Master tray. Place the lid on top and press down firmly across the lid to cut through all of the chickpea mixture. If the mixture is too crumbly to form into balls, add some chickpea flour or regular flour.
4. When ready to bake, remove the lid from the Meatball Master, place a lined baking sheet upside down over the



exposed falafels. Flip the container and the baking sheet so that the falafels are transferred onto the baking sheet. Bake for 20-25 minutes or just until the falafels start to brown.

5. Serve with hummus, pita bread, tahini, lettuce, and onions.



## Cranberry and Stuffing Turkey Meatballs

*If you love turkey and cranberry sauce, but don't want to spend hours cooking a turkey, then you will love this appetizer recipe for Cranberry and Stuffing Turkey meatballs!*



### Ingredients

- 1 cup dry store bought stuffing (I used Sage and Onion stuffing mix)
- 1 cup milk
- 1 lb ground turkey
- 1 egg
- 2 tbsp fresh sage, chopped
- ¼ cup cranberry sauce, more for serving
- Salt and pepper to taste

## **Directions**

1. Preheat oven to 425F.
2. In a large bowl, combine the dry stuffing mix and milk. Soak until all the milk is absorbed.
3. Add the remaining ingredients in the bowl and stir until all the ingredients are incorporated.
4. Spread the mixture into the bottom tray of the Meatball Master. Place the lid on top and press firmly down across the entire lid to ensure that the cutters go through the mixture. You can bake right away or store in the freezer until ready to bake.
5. Place the meatballs onto a baking sheet lined with parchment paper.
6. Bake in the oven for 20-25 minutes or until no longer pink in the middle.
7. Serve with cranberry sauce for dipping.

## Bacon Jack Meatballs

*These cheese filled meatballs are great apps for a party, they are very filling and satisfying. A little goes a long way.*



### Ingredients

- 1 ½ pounds ground chuck
- ½ cup seasoned breadcrumbs
- 2 egg yolks
- ¼ cup fresh parsley, chopped
- ½ cup grated parmesan cheese
- ½ cup red wine
- 1 tsp salt
- 2 cups bacon bits, divided
- 4 oz Monterey Jack cheese cut into 32 cubes



## Directions

1. In a large bowl, mix first 7 ingredients (beef through to salt).
2. Sprinkle half of the bacon bits evenly across the bottom of the Meatball Master.
3. Spread the meat mixture evenly over the bacon.
4. Sprinkle the remaining bacon evenly over the meat.
5. Place the lid over the meat, and press lightly just to score the meat.
6. Insert a cheese cube into each section.
7. Place the lid over the tray and press down firmly to cut through the meat.
8. In a deep saute pan on medium high heat, fry the meatballs in small batches in an inch of vegetable oil. Make sure the meatballs are cooked until no longer pink inside and golden brown on the outside.
9. Store any uncooked meatballs in the freezer.

