

Chef John39s Chicken Meatballs

Savannah · 29/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

1 hr

Description

My take on an A16 Cookbook recipe by Chef Nate Perfectly tender moist and flavorful meatballs that taste just like the real thing or maybe even better

Ingredients

- - 1 pound boneless
- skinless chicken thighs
- cut into 1-inch pieces - 3 ounces pork fat
- or fatty bacon
- diced - 3 ounces crumbled fresh French breadcrumbs - ? cup sautéed onions (Optional) - 1 large egg
- beaten - 1 tablespoon white wine - 3 cloves garlic
- finely minced - ¼ cup chopped parsley - 1 ½ teaspoons kosher salt - ½ teaspoon freshly ground black pepper - ¼ teaspoon chili flakes - ¼ teaspoon fennel seeds
- crushed - 4 cups prepared tomato sauce (Optional) - olive oil or cooking spray for greasing baking sheet

Instructions

1. Mix chicken and pork together on a plate or tray
2. and place in the freezer for about 15 minutes
3. or until firm and very cold. Partially frozen is okay. Add breadcrumbs to the bowl of a food processor (this should be crumbled from the inside of a loaf of fresh or day old French bread – no crust!). Add sauteed onions
4. egg
5. white wine
6. garlic
7. parsley
8. salt
9. pepper
10. chili flakes
11. and crushed fennel seeds. Add chilled chicken mixture on top. Pulse on and off in the food processor as shown until the mixture resembles ground meat. Stopping occasionally and scraping the bowl of food processor during the process is recommended. Transfer mixture to fridge and chill for 1 hour before shaping. Preheat the oven to 425 degrees F (220 degrees C). Line a baking sheet with foil and lightly grease with olive oil. Divide mixture into 12 portions
12. and place on the prepared baking sheet. Use damp hands to roll into smooth balls. Bake in the preheated oven until meatballs are cooked through
13. about 18 minutes. For some additional browning
14. turn broiler to high
15. and broil meatballs for 1 to 2 minutes. Meatballs can be served immediately
16. or transferred into tomato sauce set over low heat. Simmer gently for about 20 minutes to flavor sauce. Chef John