



April 7, 2015

Meatballs Make Every Day Delicious

The spring equinox is finally starting to give us more daylight hours and warm sunshine, giving us a hint that summer is not far behind. As the earth begins to thaw, we are now craving the freshness of spring to replace the heavy carb-laden comfort food of winter. These Steamed Pork Meatball Lettuce Wraps fit the bill, with plenty of fresh veggies and a flavourful Asian kick of hoisin, mint and cilantro.

It's simple -- it's just a matter of putting together the ingredients in a wrapper of lettuce. The meatballs are made ahead of time, with the recipe below. If you're looking for some extra guidance on how to make steamed pork meatballs, before you make a recipe, we've posted a video tutorial at youtube.com/TheBlueFlameKitchen.

You'll find this recipe in the 2015 edition of the Everyday Delicious cookbook, along with other ideas for everything from breakfast ideas to sweet treats. You'll find delicious recipes like Fried Egg and Chorizo Sandwiches, Potato and Smoked Gouda Soup, Thai Salad, Ricotta Gnocchi, and S'more Cupcakes, along with mouth-watering photography, nutritional analysis, safety tips and helpful hints.

The Everyday Delicious cookbook is available online at atcoblueflamekitchen.com, or by calling 1-800-840-3393.

--

STEAMED PORK MEATBALL LETTUCE WRAPS

Steamed Pork Meatballs (recipe follows)

1/2 cup hoisin sauce
20 butter lettuce leaves
20 fresh mint leaves
1 1/4 cups julienned carrots
1 1/4 cups julienned seeded English cucumber
1/4 cup fresh cilantro leaves

1. Place hot Steamed Pork Meatballs in a heatproof bowl. Add hoisin sauce and toss to coat; set aside.
2. Make ten stacks of 2 lettuce leaves each. Dividing equally, top each lettuce stack with mint leaves, carrots and cucumber. Place 3 meatballs on top of vegetables on each lettuce stack. Garnish with cilantro. Wrap leaves around filling to enclose. Makes 10.

Nutritional analysis per wrap:

157 calories, 5 g fat, 20.2 g protein, 8.3 g carbohydrate, 1.1 g fibre, 561 mg sodium

ATCO Blue Flame Kitchen has provided Albertans with reliable answers to everyday household questions for more than 80 years. Visit us online for great recipes, how-to videos, kitchen safety tips and more at www.atcoblueflamekitchen.com or call 1.877.420.9090 toll-free.



STEAMED PORK MEATBALLS

2 lb (1 kg) lean ground pork
1/4 cup oyster sauce
3 tbsp finely chopped shallot
4 tsp fish sauce
4 cloves garlic, finely chopped
1 tsp granulated sugar
1 tsp white pepper

1. Combine all ingredients. Shape mixture into 30 balls, each measuring about 1 1/2 inches; set aside.
2. To steam meatballs, use a saucepan with a tight-fitting lid and a heatproof steaming basket that will hold the meatballs above water in the saucepan. Bring water to a boil in saucepan.
3. Place only enough meatballs to form a single layer in the basket. Set basket over boiling water. Do not allow water to touch basket.
4. Cover and steam over boiling water until meatballs are completely cooked, about 10 - 15 minutes.
5. Repeat steaming procedure with remaining meatballs. Alternatively, meatballs may be placed on a rack in a parchment paper-lined rimmed baking sheet and baked in an oven at 350°F until completely cooked, about 20 minutes. Makes 30.

Nutritional analysis per meatball:

42 calories, 1.5 g fat, 6.4 g protein, 0.7 g carbohydrate, 0.1 g fibre, 128 mg sodium