

Ham Balls in Dill Sauce

Jenny Nicklin

The Pennsylvania State Grange Cookbook (1992)

Servings: 6

*1 pound ground ham
1 pound ground pork
1/2 cup cornflake crumbs
1/4 cup onion, finely
chopped
1/2 cup milk
2 eggs, beaten
1 teaspoon prepared
mustard
1/8 teaspoon pepper
2 tablespoons butter
2 tablespoons flour
1/2 teaspoon salt
1 cup milk
1/2 cup sour cream
1 tablespoon prepared
mustard
1/2 teaspoon dillweed*

Preheat the oven to 350 degrees.

In a bowl, combine the ham, pork, cornflake crumbs, onion, 1/2 cup milk, eggs, one teaspoon mustard and the pepper. Mix well. Shape into 24 balls. Place the balls in a greased shallow baking pan.

Bake for 30 to 40 minutes or until cooked through. Drain.

In a saucepan, melt the butter. Stir in the flour and salt to form a paste. Add one cup of milk. Cook over low heat until thickened and smooth, stirring constantly. Stir in the sour cream, mustard and dillweed. Cook over very low heat until heated through, stirring frequently.

Serve as a dinner course or an appetizer. For dinner, spoon the dill sauce over the balls. As an appetizer, serve the dill sauce as a dip.

Per Serving (excluding unknown items): 378 Calories; 28g Fat (66.5% calories from fat); 19g Protein; 13g Carbohydrate; 1g Dietary Fiber; 152mg Cholesterol; 443mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 4 Fat; 0 Other Carbohydrates.