

Spicy-Sweet Cranberry Meatballs

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Yield: 36 meatballs

1 pound ground beef (85% lean)
1 pound ground pork
1/2 cup dried cranberries, minced
1/4 cup panko bread crumbs
1 teaspoon fresh ginger, grated
2 cloves garlic, minced
1 large egg, lightly beaten
salt (to taste)
freshly ground black pepper (to taste)
2 tablespoons canola oil
1 cup Balsamic Cranberry-Fig
Compote (see recipe under Sauces and
Condiments/ Sauces)
1/2 cup water
1/4 cup hoisin sauce
1/4 cup ketchup
1 tablespoon brown sugar
2 tablespoons soy sauce
2 tablespoons sriracha hot sauce

In a large bowl, combine the ground beef, ground pork, cranberries, bread crumbs, ginger, garlic, egg, salt and black pepper.

Roll into 36 golf-ball-size meatballs.

In a Dutch oven over medium-high heat, heat the canola oil. Working in batches to avoid overcrowding, cook the meatballs for 5 minutes, turning to brown on all sides. Remove the meatballs from the pan. Pour off the excess fat.

Return the pan to medium-high heat. Add the Balsamic Cranberry-Fig Compote, water, hoisin sauce, ketchup, brown sugar, soy sauce and sriracha sauce, stirring to combine. Bring to a simmer. Add the meatballs, stirring gently to coat with sauce. Cover. Reduce the heat to low. Cook for 30 minutes, stirring occasionally, or until the meatballs are done.

Serve with toothpicks and the sauce on the side.

These can be made up to two days ahead and the meatballs refrigerated in their sauce. Reheat over low heat on the stovetop or a slow cooker. The meatball mixture also makes great slider patties.

Store-bought whole cranberry sauce plus two tablespoons of balsamic vinegar can be substituted for the Balsamic Cranberry-Fig Compote.

Per Serving (excluding unknown items): 1778 Calories; 131g Fat (66.6% calories from fat); 88g Protein; 60g Carbohydrate; 3g Dietary Fiber; 541mg Cholesterol; 4135mg Sodium. Exchanges: 11 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 19 Fat; 3 1/2 Other Carbohydrates.