

Swabian Meatballs (in a BBQ sauce) with Noodles

(Schwäbische Fleischküchle Mit Spätzle)

Robert Bernheim – China, Maine

Meatballs (serves 5)

½ Cup whole milk	1 egg
¼ loaf of Challah bread (3-4 sandwich-size slices), <i>OR</i>	1 tsp. paprika
~ 3 stale rolls (burger-size)	1 tsp. dried marjoram
	1 tsp. salt
	1 tsp. white pepper
1 pound ground beef, or sub ½ pound each ground pork/beef	
1 diced onion	3 tbs. butter, divided into 1tbs. and 2 tbs.

1. Dice **onion** and gently caramelize in 1 tbs. **butter**; set aside to cool.
2. Rip **bread/rolls** into small pieces; add to large mixing bowl with **milk**. Set aside for at least 15 minutes.
3. Once onions are cooled, add to **bread/rolls-milk** mixture.
4. In a small bowl, whisk **egg, paprika, marjoram, salt and pepper** together; add to **bread/rolls-milk** mixture and incorporate well.
5. Using clean hands or a wooden spoon, add **ground meat** to the bowl with the other ingredients; thoroughly integrate them all together.
6. Form into silver dollar-size patties, or 1-inch diameter balls, and place on parchment paper over a baking sheet.
7. Place patties into freezer for at least 10 minutes.
8. Heat large skillet and melt 2 tbs. of **butter**. Add patties and fry evenly on both sides. Patties can be baked and broiled rather than fried in a pan.
9. Serve warm with assorted dipping sauces of your choice (BBQ [recipe below], sweet and sour, marinara, etc.), or plain with Spätzle (recipe below).

BBQ Sauce

1 cup Ketchup
3 Tbs. Brown sugar
1Tbs. Maple syrup
3 Tbs. White vinegar (or apple cider vinegar)
2 Tbs. Worcestershire sauce
1 diced onion
Dash of your favorite hot sauce (optional)

1. Caramelize **onion** in a pan; transfer to cooking pot.
2. Add all the other ingredients, stir to thoroughly integrate, and bring to a low simmer.

Serve with meatballs as a dipping sauce or as a bath for the meatballs.

Spätzle

2 cup of all-purpose flour
4 eggs
1 teaspoon of salt
2/3 cup of cold water

1. Place a pot of water on the stovetop, and bring it to a rolling boil; add a bit of salt.
2. While the water comes to a boil, pour **flour** into a mixing bowl, making a well in the middle; add the **eggs, salt**, and **water**, and mix with a dough hook (or by hand).
3. Mix the dough until it becomes smooth. Be careful that the dough does not become chunky; it will be sticky.
4. Take out the Spätzle Hobel (the Spätzle press); place it securely over the pot of boiling water.
5. Fill the Spätzle press with the dough, and slide the press back and forth as the dough drops through the sieve into the water below.
6. When the dough floats, remove it with a slotted spoon. Shake off the water, and place the Spätzle into a lightly buttered frying pan.
7. Fry gently for a few minutes.
8. Serve with sautéed/caramelized onions/mushrooms and/or cheese or gravy as a side dish to meatballs, beef, veal, poultry, etc.