Kinloch Farm Beef Meatballs

with Oak Spring Garden Foundation Peach Curry Sauce
and Cabbage, Carrot, and Pickled Red Onion Slaw and Smoked Almonds

Makes about 12 1.5 ounce meatballs

Meatballs are seasonal! As we shift from the warmer months into the crisp ones, I am always grateful for products like Oak Spring Garden Foundation Peach Curry Barbecue Sauce, bottled at peak season to carry bright flavors to our plates, and our meatballs, year round! In this recipe, grassfed Kinloch Farm beef, already nutritious on its own, is amped up with shredded summer squash, chopped kale (spinach would be good too!) and salty feta, to harmonize with the earthy and sweet vibes from the peach curry barbecue sauce. There is no better dish to pair with a crunchy, tangy, pickle-y slaw!

Ingredients

1 cup chopped onion
1 tablespoon garlic
1 lb ground beef
1 tablespoon maple syrup
1 egg
1 tablespoon ketchup
1 tablespoon Dijon mustard
1 tablespoon tamari
1/2 cup bread crumbs
3 oz feta cheese, crumbled
1 cup shredded zucchini (optional)
1 cup loosely packed fresh kale, finely chopped (optional)
½ teaspoon freshly cracked pepper
2 pinches of sea salt
Oak Spring Garden Foundation Peach Curry Barbecue Sauce
Olive oil for brushing and sautéeing

Recipe and photos by Chef Ryan Ross

KINLOCH FARM

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Drizzle a small amount of olive oil into a medium sized skillet and warm over medium heat. Add onion and and garlic, along with a small pinch of salt, and sauté for 2-3 minutes. Reduce heat and let the onion and garlic caramelize, only agitating every couple of minutes. When evenly golden brown, remove from heat and set aside to cool.

In a bowl, combine ground beef, maple syrup, egg, ketchup, mustard, tamari, and a small pinch of salt. Gently mix by hand or with a fork until just combined. Fold in the now cooled caramelized onion and garlic, bread crumbs, feta cheese, and chopped kale. No need to overmix. Cover and let the meatball mixture sit in the refrigerator for 30 minutes to develop flavor.

Preheat the oven to 375 degrees. Between your palms, roll about 1 ½ ounces of meatball mixture into balls, and place onto a parchment lined sheet pan. Brush the top of each ball with olive oil. Bake for 20 minutes.

Warm Peach Curry Barbecue Sauce stove top in a small sauce pot over low heat for 1-2 minutes and brush or drizzle over meatballs when ready to serve.

For the Cabbage and Carrot Slaw with Pickled Red Onions and Smoked Almonds | Makes a scant quart of slaw

2 cups thinly sliced or mandolin green cabbage
1 large carrot peeled into 'ribbons'
1 handful of fresh cilantro, a little bit of stem is ok
½ tablespoon red wine vinegar
½ tablespoon rice vinegar
½ lime, juiced
1 teaspoon honey
1 teaspoon olive oil
Large pinch sea salt
Several turns of freshly cracked pepper
½ cup smoke flavored almonds, or tamari almonds, roughly chopped
¼ cup pickled red onion (see recipe below)

Combine cabbage, carrot, and cilantro in a medium sized mixing bowl. Combine the vinegars, lime juice, honey, olive oil, salt and pepper in a small bowl and whisk to combine. Drizzle vinaigrette over slaw and toss until combined. Fold in pickled red onion and sprinkle with chopped almonds.

For the pickled red onions | Makes 8 ounce jar of fridge-pickle

1 cup thinly sliced or mandolined red onion, packed
3 tablespoon red wine vinegar
1 tablespoon rice vinegar
1 tablespoon honey and 1 tablespoon warm water, mixed together so the honey is mostly dissolved
½ teaspoon salt
¼ teaspoon freshly cracked pepper

Pack thinly sliced onions into a small jam jar and cover with the vinegars, honey and water mixture, salt, and pepper. Close the lid tightly and shake rigorously. You may enjoy the onions right away; however, the flavor intensifies as you let the pickles sit. Store in the refrigerator for up to 3 weeks and use leftovers as a versatile condiment.