Beef Pine Nut and Feta Stuffed Meatballs

Our grassfed beef's texture and fat content create such full flavor, this recipe requires very little additional seasoning beyond the tangy-salty feta and buttery, toasty pine nuts. Along with a few other simple pantry staples, this combo makes for a very tasty meatball!

Served over a bright condiment like this herbed yogurt sauce, and with a pretty pickled item like our lightly pickled red onion, you have yourself a proper supper for this transitional season.

Making your pickles in advance is useful, since pickled red onions are a great condiment to have on hand for just about anything. Or you may prepare them in real time along with the rest of this recipe and use right away for a more mild pickle flavor.

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Kinloch Farm Beef Pine Nut and Feta Stuffed Meatballs with Minted Tzatziki and Pickled Red Onion

MAKES ABOUT 12 1.5 OUNCE MEATBALLS

1

For Meatballs

- 1 lb ground beef
- 1 tablespoon honey
- 1 egg
- 1 tablespoon ketchup
- 1 tablespoon Dijon mustard
- 1 tablespoon tamari
- 1 pinch of salt (about 1/16 teaspoon)
- 1 ½ tablespoon balsamic vinegar
- ¼ cup bread crumbs
- 3 oz feta cheese, crumbled
- 1 cup loosely packed fresh parsley, chopped
- ½ teaspoon freshly cracked pepper
- ¼ cup pine nuts, dry toasted, cooled and roughly chopped (method included below)
- Olive oil for brushing

In a bowl, combine ground beef, honey, egg, ketchup, mustard, tamari, vinegar, and salt. Gently mix by hand or with a fork until just combined. Fold in the bread crumbs, feta cheese, chopped parsley, and pine nuts. 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.

2

For toasted pine nuts:
Place a dry, heavy bottomed skillet on the stove at medium heat. Toast nuts in pan for about 3 minutes, shaking the pan every 20 seconds or so until browned and fragrant. Dump out onto a clean cutting board to cool, and roughly chop.

3

For tzatziki sauce Makes just over 1 cup

- 1 cup full fat plain yogurt
- ½ cup finely diced seedless cucumber
- 1 lemon, zest and juice
- 1 tablespoon olive oil
- ½ teaspoon salt
- ½ teaspoon freshly cracked black pepper
- ¼ cup packed fresh mint leaves, chopped or finely torn

Combine all ingredients in a bowl and whisk together until well combined. Taste; adjust seasoning as needed.

4

For pickled red onions:
Makes one 8 ounce jar of fridge pickles

- 1 cup thinly sliced red onion, packed
- 3 tablespoons red wine vinegar
- 1 tablespoon rice vinegar
- 1 tablespoon honey, mostly dissolved in 1 tablespoon warm water
- ½ teaspoon salt
- ¼ teaspoon freshly cracked black pepper

Pack onions into a small jar and cover with the vinegars, diluted honey, salt, and pepper. Close lid tightly and shake rigorously. Flavor intensifies with time; enjoy onions right away, or store in fridge for up to 3 weeks.

Recipe and photos by Chef Ryan Ross