

Telly's Chinese Meatballs

These tasty meatballs are the perfect blend of Telly's Chinese upbringing in his Italian Brooklyn neighborhood. They have the perfect combination of moistness on the inside and crunchiness on the outside. And yes, there is soda in this recipe. You can add ginger ale, lemon-lime, whatever! According to Telly, it's what his Korean friends do. I have no idea why, but these meatballs are tasty and if it ain't broke...eat meatballs.

Ingredients

3-4 tablespoons sesame oil
3/4 cup of onion, finely chopped
1-2 cloves garlic (or more if you like it)
1 bunch scallions, finely chopped
1 pound ground chuck
1/2 cup soy sauce
2 tablespoons toasted sesame oil
1/3 cup soda
2 eggs
2 cups of panko bread crumbs
Salt and pepper

Crispy Coating

1 1/2 cup panko bread crumbs
3 heaping tablespoons roasted dry sesame seeds*
Salt and pepper

Serve w Kirsten & Telly's Improvised Asian Dipping Sauce

*I just bought sesame seeds, threw them in a dry saute pan and toasted them over high heat for 1-2 minutes (til I could smell them)

Preparation

Preheat oven to 375 and grease a cookie sheet

In a wok or a frying pan heat up 3-4 tablespoons of sesame oil. When oil is hot throw in onions, scallions and garlic and saute over medium heat til onions are translucent.

While onion mixture is cooking, put ground beef chuck in a large mixing bowl and add soy sauce, soda, eggs & the 2 cups of panko bread crumb to ground beef chuck in a large mixing bowl.

Once cooked and cool add the onion mixture to the meat along with salt and pepper to taste.

Now it's time to get down and dirty! Gently mix all the ingredients together with your hands just enough so everything is combined. Then let the meat rest for a few minutes.

As the meat is resting (and after you've washed your hands) mix the panko bread crumbs, sesame seeds and salt and pepper to taste on a separate plate.

Begin shaping meatballs about the size of a golf ball. Coat the meatball in the crispy coating mixture and place on cookie sheet.

Bake in the oven for 20 minutes. Flip meatballs and cook for another 10 minutes. Take out and let rest before serving.

Meatballs should be moist on the inside, with a crunchy coating of panko and sesame seeds.

Serve with **Kirsten & Telly's Improvised Asian Dipping Sauce**

Kirsten & Telly's Improvised Asian Dipping Sauce

In the spirit of full disclosure, Telly and I completely made this sauce up on the spot with stuff I happened to have in my fridge. Telly and I both love to cook and both hate to measure. So in the spirit of full disclosure, I have an idea of what the measurements are but you should feel free to play around with them! And just keep tasting. #measuringcansuckit

Ingredients

$\frac{2}{3}$ cup hoisin sauce

$\frac{1}{4}$ cup unseasoned rice vinegar

2 tablespoons soy sauce

1 tablespoon sambal oelek (chili-garlic paste)

1-2 teaspoons sugar

$\frac{1}{2}$ teaspoon toasted sesame oil

Preparation

Place all ingredients in a saucepan over medium heat. Whisk until sugar is dissolved. Bring to a boil and let reduce down about $\frac{1}{3}$. Taste and serve with Telly's Chinese Meatballs.

And five, six, seven, EAT!

