

French Meatballs in the Dijon style

Ingredients

700 gms ground beef
Salt and freshly ground black pepper to taste
1 cup parsley/thyme/sage leaves, finely minced
2 minced garlic cloves
1 egg
1/2 cup vegetable oil
1 cup finely minced onion (about 1/2 large onion)
1/2 cup dry white wine
3 tablespoons Dijon mustard
1 1/2 cups heavy cream

Method

Step 1

In a mixing bowl, we combined the beef, salt and pepper, parsley garlic and egg. We mixed it all well together and shaped the meat into 12 meatballs.

Step 2

In heavy pan, heat the vegetable oil over medium-high heat until the vegetable oil shimmers. We cooked the meatballs, about 3 minutes on each side, until they were light brown. The meatballs won't stick to the pan, because you're using so much oil (and more fat will be rendered from the meatballs). Fortunately, most of that fat gets poured off.

Step 3

Once the meatballs are browned off remove and add keep warm

Step 4

Once all three meatballs are cooked, remove most of the oil from the pan then add the finely chopped onion. Let the onions cook over medium heat until tender, but not brown, about 3 minutes. Then add the wine and let it all simmer and cook down a bit.

Step 5

Now whisk in the Dijon mustard once it is amalgamated whisk in the cream, and then add back the meatballs. Cook the meatballs in the cream over medium heat, uncovered, about 5 minutes, or until the cream had reduced by about 1/3. Cover the pan and simmer on a low flame until the meatballs are cooked through.

THE
COOKERY

by The Secret Jozi Chef

The Colony Shopping Centre, 345 Jan Smuts Avenue, Craighall, 2024.

www.facebook.com/secretjozichef