

## *Meatball*



The meatball;

### Ingredients

for 4 balls you need:

1: For kneading

- 500 grams of minced meat (beef, half and half, what you will find the tastiest)
- 1 onion finely choppe
- 1 red pepper chopped
- 2 cloves garlic squeezed
- 2 eggs
- half a cup bread crumbs
- pepper
- salt

2: To roast;  
butter 125 gr.

3: For the gravy;  
mustard  
cream

## Preparation

1. Chop the onion;
  2. Cut the peppers into very small pieces;
  3. Cut or press the garlic;
  4. Start kneading the minced meat.
  5. Break two eggs over the meat.
  6. Add all ingredients and mix,
  7. Make sure you knead until all the mixture is included, and no lumps occur (because nothing is as dirty as a chunk of bread crumbs in your mouth)
  8. Divide the meat mass into 4 equal parts.
  9. Turn the meat parts in your hands until a nice round ball occurs, without visible cracks in the surface. This is important, because a crack is the end of a beautiful ball ...
  10. Put the butter in the roasting pan and let it brown.
  11. Add the balls and roast. When the balls are roasted all around nicely, of course they are not ready yet!
  12. Add water into the roasting pan until the balls are covered 3/5.
  13. Put the lid on the pan and let the balls 25 to 30 minutes. Note: 25 to 30 minutes from the moment that the water is hot and begins to bubble.
  14. Turn them occasionally during the "simmer".
  15. Remove the meatballs from the pan and keep warm.
  16. Add 100 milliliters of water to the remaining sauce and stir gently.
  17. Add mustard and cream and season to taste with salt.
- Before serving:
18. Put the meatballs back into sauce and boil another 5 minutes.