

GRACE GOUDIE

Juicy Lucy Cocktail Meatball

<https://www.gracegoudie.com/all-recipes-blog/juicy-lucy-cocktail-meatballs-recipe>

MAKES: 20 each 2 oz meatballs

INGREDIENTS:

Meatball:

- 2# ground beef
- 1 ea shallot, minced
- ¼ cup Worcestershire sauce
- 2 ea egg
- 2 tsp salt
- 1 tsp garlic powder
- TT black pepper, ground
- 20 pieces cheddar cheese, cubed

Meatball Glaze:

- 1 cup Ketchup
- 1 cup Brown sugar

Mustard Dipping Sauce:

- ¼ cup Mustard
- ¼ cup Mayo

Garnishes:

- 20 pcs Cornichon
- 20 pcs Iceberg lettuce
- 20 pcs Cherry tomato
- 20 pcs onion
- 20 ea wooden skewers

DIRECTIONS:

1. **For the meatball:**

1. Whisk together the eggs, shallot, Worcestershire sauce, garlic powder, salt and black pepper.
2. Using your hands, mix the ground beef and egg mixture together. Work the mixture with your hands. (*Pro Tip: working the meat activates a protein called myosin which helps the meat adhere to itself while cooking...the egg also helps with this too!*)
3. Weigh out 2 ounces of the meat mixture (or ¼ cup). Take the meat and flatten it in your palm, place the cheddar cube in the center and form the meatball around the cheese. Make sure to fully cover the cheese or it'll ooze out while cooking.
2. **For the glaze:** Whisk together the brown sugar and ketchup until smooth. Roll the raw meatballs in the glaze. Cook the meatball at 425°F for 20 minutes
3. **For the dipping sauce:** Mix the mustard and mayonnaise together.
4. **To assemble the meatballs:**
 1. Cut the cherry tomato into ¼ inch thick rings.
 2. Cut the iceberg lettuce into thick strips.
 3. Julienne the red onion (this method is cutting the onion in thin strips following the natural line of the onion), then cut these in half vertically.
 4. Cut the cornichons in half.
 5. Skewer the garnishes as a stack on top of the meatball.