



CANA'S FEAST

OREGON WINERY



FEBRUARY 2015 CELLAR CLUB



GERMAN MEATBALLS WITH SPÄTZLE

PAIRED WITH 2011 CABERNET FRANC, YIELD: 4 SERVINGS

MEATBALL INGREDIENTS:

- 1 POUND GROUND VEAL (*or you can substitute ½ pound ground beef and ½ pound ground pork*)
- 1½ TEASPOONS SALT, KOSHER OR SEA SALT
- ½ TEASPOON PEPPER, FRESHLY GROUND
- 4 TEASPOONS BUTTER
- ½ CUP ONION, MINCED
- 1 TEASPOON GARLIC, MINCED
- ½ CUP FRESH BREAD CRUMBS (*ground white bread*)
- 2 TABLESPOONS PARSLEY, FINELY CHOPPED
- 2 TABLESPOONS CHIVES, FINELY CHOPPED
- ⅛ TEASPOON NUTMEG, FRESHLY GRATED
- 1½ TABLESPOONS FLOUR
- 1½ CUPS UNSALTED BEEF STOCK (*homemade, if possible*)
- ¼ CUP WHITE WINE, DRY
- ¼ CUP SOUR CREAM
- 1 EGG YOLK
- 2 TABLESPOONS LEMON JUICE, FRESHLY SQUEEZED
- 1 TABLESPOON DILL, FRESH, CHOPPED
- 1 EACH CHERRY PEPPER, PICKLED, MINCED

METHOD:

1. Heat 1 tablespoon butter in a small saute pan. Add onion and garlic and cook until soft (no color). Cool slightly.
2. Put veal (*or beef/pork*) in mixing bowl. Add salt, pepper, onion/garlic mixture, bread crumbs, parsley, chives and nutmeg. Shape mixture into 28 balls of equal size.
3. Heat remaining butter in saucepan and add flour, stirring with wire whisk. When blended and smooth, add broth and wine, stirring rapidly with whisk. Add meatballs to simmering sauce. Stir gently from time to time so they cook evenly, about 25 minutes.
4. Beat sour cream with the egg yolk, lemon juice, dill, and cherry pepper. Add to sauce and adjust seasoning with salt and pepper. Serve over spätzle, rice or noodles.

SPÄTZLE INGREDIENTS:

- 3 CUPS FLOUR, ALL-PURPOSE
- 1 TEASPOON SALT
- ¼ TEASPOON NUTMEG
- 3 EACH EGGS, WELL BEATEN
- 1 CUP MILK
- 2 TABLESPOONS BUTTER

METHOD:

1. Stir flour, salt and nutmeg together in a medium bowl.
2. Add eggs and milk and whisk together into a stiff, elastic mixture.
3. Place dough in spätzle maker and slide basket back and forth over boiling, salted water, so dumplings fall into the pot.
4. When done, they will rise to the surface. Remove with a slotted spoon and place in a bowl. Repeat until all of the dough is used.
5. In a heavy saute pan or cast-iron skillet, melt the butter over medium-high heat until frothy then add spätzle and cook until they are golden brown on one side (this may need to be done in batches so the noodles brown).
6. Season with salt, if needed. Serve.

Recipe by Chef Wendy Bennett of Wine Country Cooking Studio

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