



100% Grass Fed Beef and Natural Vegetables
Yoder, WY
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Steamed Beef Balls with Cilantro Leaves

These little beef balls are traditionally served with other dim sum. They also make a nice addition to a Chinese dinner, or served as an appetizer. We often make these for dinner, served with steamed rice and a vegetable stir-fry or pot stickers.

Prepare beef mixture 4 hours ahead (or the night before).

About 20 minutes before serving time, bring mixture from refrigerator, form into balls and steam.

Serves 3-4 as main course for dinner; serves 6 as appetizer or dim sum.

Beef Balls:

- 1 lb. lean, ground grassfed beef
- 1/4 cup cold water
- 1/4 cup vegetable oil
- 1-2 cloves crushed garlic
- 2 tablespoons chopped green onions
- 2 teaspoons sugar
- 1/2 teaspoon salt
- 3/4 teaspoon baking soda
- 1 1/2 teaspoons sesame oil
- 1 teaspoon lemon juice
- 2 Tbsp. finely diced fat: pork fat, beef tallow, or cold butter
- 1 medium bunch cilantro (could be optional if you do not like cilantro)

Dipping Sauce:

- tamari or soy sauce
- hot chili sauce

Preparation:

In a food processor or blender, blend first nine ingredients to a very fine paste. Add lemon juice and fat, processing briefly. Cover the mixture with plastic wrap and chill for about 4 hours.

Use wet hands to form meat into 12 small balls – a little smaller than a golf ball.

Choose a heat-proof plate that will fit inside your Chinese steamer basket or on a rack in a steamer. Cover the plate with cilantro and arrange meatballs on top. (We use two plates and two Chinese bamboo steamer baskets, stacked.)

Steam, tightly covered, over rapidly simmering water for about 12 minutes. Meanwhile, mix a little chili sauce into soy sauce for dipping. Serve beef balls hot with dipping sauce on the side.