

Oriental Meatballs

MEATBALLS

250 g	Lean Ground Beef
1	egg, beaten
1 ml	salt
½ ml	pepper
60 ml	onion, chopped
40 ml	sour cream
80 ml	bread crumbs

SAUCE

80 ml	brown sugar, packed
25 ml	cornstarch
5 ml	dry mustard
125 ml	pineapple juice
60 ml	vinegar
5 ml	soy sauce
60 ml	ketchup
60 ml	water

1. Combine first 7 ingredients in a medium size bowl until well mixed
2. Shape into 2.5 cm meatballs
3. Arrange in a single layer on a greased baking sheet
4. Bake at 350F for 15 minutes until firm and no pink remains
5. Remove to paper towels to drain. Makes Approx 30 meatballs

SAUCE:

1. Combine brown sugar, cornstarch and mustard in a sauce pan
2. Stir in remaining 5 ingredients
3. Heat on medium heat until thickened and boiling stirring constantly with a wooden spoon.
4. Add meatballs or pour over meatballs in a large bowl
5. Serve over rice.

RICE

250 ml	water
125 ml	rice
2 ml	salt
5 ml	margarine

1. Combine all ingredients in a medium sauce pan (pot)
2. Bring to a rolling boil.
3. Cover and reduce heat to LOW
4. Simmer for 20 minutes. **DO NOT PEAK**