

Smokey Glazed Meatballs



Ingredients

For the Meatballs

750g good quality beef mince (20% fat content)
1 large brown onion, finely chopped
2 cups breadcrumbs
3 cloves garlic, crushed
1 tsp ground cumin
1 tsp sweet paprika
1 tsp salt

For the Sauce

2 cups tomato ketchup
1 cup water
1/2 cup apple cider vinegar
1/2 cup brown sugar
1 tsp mustard powder
1 tbsp Worcestershire sauce
Fresh chopped parsley, for garnish

Directions

Step 1 – Soak your preferred wood chips in water for at least one hour before cooking. We recommend hickory chips for this recipe.

Step 2 – Combine all of the meatball ingredients in a large bowl and mix to combine well. Form the mixture into small meatballs and set aside to rest for around 1 hour. Combine all of the sauce ingredients in a saucepan, bring to the boil then reduce to a low simmer, stirring regularly, for around 1 hour. Set aside.

Step 3 – Heat the BBQ to medium heat (180 - 200°C). Ensure the grills are clean.

Step 4 – Drain the wood chips and add to a smoker box. Place the smoker box into the BBQ over direct heat. Place the meatballs into a BBQ safe frying pan and spread evenly. Once smoke appears, place the frying pan into the BBQ, close the BBQ lid and cook the meatballs for around 30 minutes, tossing regularly to ensure even smoke.

Step 5 – After 30 minutes, remove the frying pan from the BBQ, add the sauce, toss to coat the meatballs evenly then return to the BBQ and cook for a further 10 – 15 minutes or until the glaze becomes sticky. Remove from the BBQ, garnish with the parsley and serve immediately.

