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Fast Food

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Wednesday, November 16, 2011 - Updated 2 days ago

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2 t. InstaCure No. 1 (available at SausageMaker.com), or pink salt

2 c. water

Make sure meat is free of clots, bone and skin. (Should not be a problem if you get your meat from a reputable purveyor.) Grind meat in a sausage grinder and into a large pan. Add dry ingredients and about half the water and mix well with clean, bare hands. Run through the grinder once more. Add remaining water and mix well again with bare hands. Stuff the meat into natural hog casings (available at many supermarkets). Hang sausage in a cool, dry place for at least two hours. Heat smoker with local hardwood to 150 to 200 degrees. Smoke meat for about 4 hours until sausage starts to sweat a bit and develops a dark, smoky brown color. Grill or fry on a skillet until warm inside. Do not overcook. Freeze unused sausage. Makes 10 pounds.

On a roll

The Meatball Shop was an instant hit when it opened on New York City's Lower East Side early in 2010. Now, owners Daniel Holzman and Michael Chernow are bringing their meatballs to mouths outside Manhattan with "The Meatball Shop Cookbook" (Ballantine Books, \$28) — released just in time for the holidays.

The boyhood pals concoct imaginative meatballs that go far beyond the traditional comfort food, a vision that's helped their eatery become a popular downtown spot, and now you can try the recipes yourself.

The book is chock-full of tips, tricks and nearly 100 recipes for everything from jambalaya balls to steak-and-bacon-cheddar balls, to even Gobble Gobble Turkey Balls — perfect for Thanksgiving.

Meatball Shop's Gobble Gobble TURKEY Balls

2 T. olive oil

2 lbs. ground turkey

2 c. garlic croutons or

stuffing cubes

1 c. dried cranberries

2 large eggs

1/4 c. bread crumbs

2 T. chopped fresh sage