

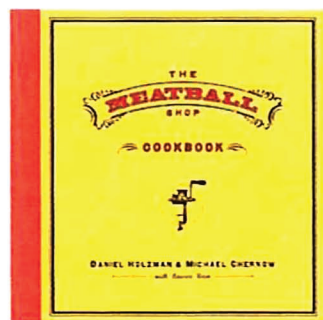
# FOOD & WINE

# BEST OF THE BEST

*the* **BEST RECIPES** *from the* **25 BEST COOKBOOKS** *of the year*

**EDITED BY DANA COWIN**

*editor in chief, food & wine magazine*



PAGE 92

## THE MEATBALL SHOP COOKBOOK

*daniel holzman & michael chernow  
with lauren deen*

Mini Buffalo Chicken Balls

Smashed Turnips with Fresh Horseradish

Bolognese Balls

Chicken Cordon Bleu Meatballs

TESTED  
*in the*  
**FOOD & WINE  
KITCHEN**



*Bolognese balls, page 98*



# THE MEATBALL SHOP COOKBOOK

*daniel holzman & michael chernow  
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## ***why we love this book***

The Meatball Shop is a New York City phenomenon, serving meatballs both traditional (Bolognese Balls, page 98) and ingenious (Chicken Cordon Bleu Meatballs, page 99) from three neo-retro locations. This cookbook celebrates the humble dish with a surprisingly wide range of recipes—including sides, salads and sweets—from the restaurant's owners, chef Daniel Holzman and manager Michael Chernow.

## ***best cooking technique***

Holzman: "There's really no wrong way to do a meatball, so I'm a big fan of cooking them the easiest way: roasting them in the oven. You do get a nice golden crust when you fry meatballs, and they become more tender when they're braised, but roasting is the fastest, simplest and most consistent cooking method, especially when you're making a lot of meatballs. And they're actually super-delicious. Also, cleaning up all the splatter from frying is a nightmare."

## ***weirdest meatball recipe***

Holzman: "Our Reuben Sandwich Ball is the most bizarre meatball we've ever created. I was 100 percent sure that it wouldn't succeed, but the chef at our West Village location made it work. They were so good and out of control. Almost as out-there are the Mini Buffalo Chicken Balls (page 94), which just slap you in the face with Buffalo wing flavor."

## ***on new york city***

Chernow: "We opened our first Meatball Shop on the Lower East Side, knowing that our cheap, hearty food would appeal to a young, hungry, late-night crowd. But we've been amazed at who comes in: Our first week, we had a table of 75-year-old guys celebrating a birthday. Weekends are packed with families and kids. Lunch is lots of Wall Street guys. It's like all of New York City condensed into a 39-seat restaurant."

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# MINI BUFFALO CHICKEN BALLS

MAKES ABOUT FORTY ¾-INCH  
MEATBALLS

- 2 tablespoons vegetable oil
- 4 tablespoons (½ stick) unsalted butter
- ⅓ cup Frank's RedHot sauce or any other favorite hot sauce
- 1 pound ground chicken, preferably thigh meat
- 1 large egg
- ½ celery stalk, minced
- ¾ cup bread crumbs
- 1 teaspoon salt

## EDITOR'S WINE CHOICE

Peppery, raspberry-scented  
Zinfandel: 2010 Bogle Old Vine

*These balls will definitely get any party started. Buffalo's finest bar food minus the bones makes it the perfect food to serve up for the big game, a surprising appetizer, or even passed as a fancy hors d'oeuvre. It's the best part of hot and spicy wings with none of the mess. If you like your balls extra spicy, you can always add an extra tablespoon or two of hot sauce to the recipe. Make one batch and you'll know why these are a staff fave and top seller at the Shop. Serve with blue cheese dressing.*

Preheat the oven to 450°F. Drizzle the vegetable oil into a 9-by-13-inch baking dish and use your hand to evenly coat the entire surface. Set aside.

Combine the butter and hot sauce in a small saucepan, and cook over low heat, whisking until the butter is melted and fully incorporated. Remove from the heat and allow the mixture to cool for 10 minutes.

Combine the hot sauce mixture, ground chicken, egg, celery, bread crumbs, and salt in a large mixing bowl and mix by hand until thoroughly incorporated.

Roll the mixture into round, ¾-inch balls, making sure to pack the meat firmly. Place the balls in the prepared baking dish, being careful to line them up snugly and in even rows vertically and horizontally to form a grid. The meatballs should be touching one another.

Roast for 15 to 20 minutes, or until the meatballs are firm and cooked through. A meat thermometer inserted into the center of a meatball should read 165°F.

Allow the meatballs to cool for 5 minutes in the baking dish before serving.





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Thigh meat  
makes these  
meatballs  
especially juicy.

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# SMASHED TURNIPS

*with fresh horseradish*

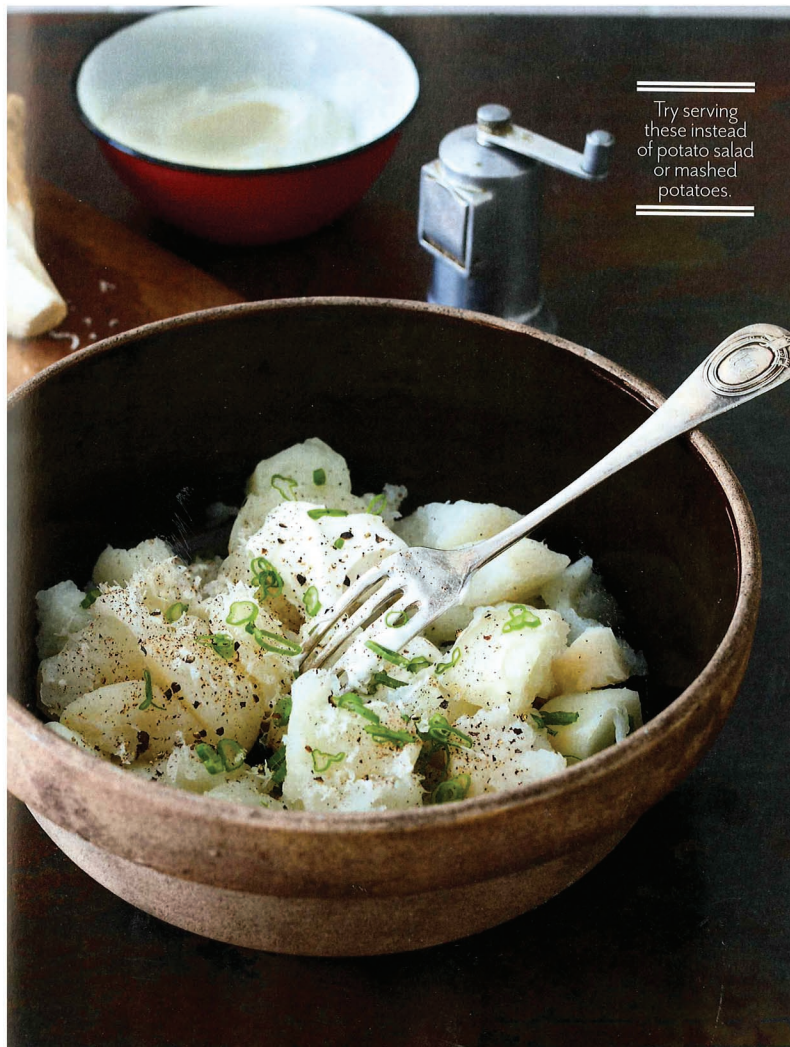
SERVES 4 TO 6

- 8 large turnips (about 2 pounds),  
peeled and quartered
- ½ cup sour cream
- 6 scallions, thinly sliced
- 2 tablespoons freshly grated  
horseradish or more to taste
- 2 teaspoons salt

*We love turnips and don't want you to pass them by the next time you're at the market. When cooked right, their earthy flavor is seriously irresistible. At the Shop people go crazy for them. The kick from the horseradish brings out the natural sweetness, and the sour cream adds a tangy, rich element.*

Place the turnips in a large pot with enough water to cover by 2 inches. Bring to a boil over high heat, then reduce the heat to low and simmer until fork-tender, about 25 minutes. Drain thoroughly, until completely dry.

Place the turnips in a bowl and, while they are still hot, add the sour cream, scallions, horseradish, and salt. Mash with a wire whisk or potato masher until well combined but still chunky. Serve immediately.



Try serving  
these instead  
of potato salad  
or mashed  
potatoes.