



RACHAEL

[videos](#)[recipes](#)[club RR](#)[show info](#)[shop](#)

The Meatball Shop's Mini Buffalo Chicken Balls



These balls will definitely get any party started. Buffalo's finest bar food gets a bit of a makeover, making 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 parts 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](#).

[Print](#)

Share: [f](#) [t](#) [g+](#) [e](#)

[Like](#) [f](#) 75 people like this. Be the first of your friends.

[Comment on this recipe](#)

Ingredients

2 tablespoons vegetable oil
4 tablespoons (1/2 stick) unsalted butter
1/3 cup Frank's Red Hot sauce or any other favorite hot sauce
1 pound ground chicken, preferably thigh meat
1 large egg
1/2 celery stalk, minced
3/4 cup breadcrumbs
1 teaspoon salt

Yields: 40 3/4-inch meatballs

Preparation

Preheat the oven to 450°F. Drizzle the vegetable oil into a 9 x 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 ground chicken, hot sauce mixture, egg, celery, bread crumbs, and salt in a large mixing bowl and mix by hand until thoroughly incorporated.

Roll the mixture into round, 3/4-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.

The Meatball Shop's Blue Cheese Dressing



This rich dressing spikes through the creamy goodness and answers that "why doesn't my dressing ever taste this good" question. This recipe works as well with [Mini Buffalo Chicken Balls](#) (page 9) as it does ladled over a thick wedge of iceberg lettuce topped with a few olives, carrot shavings, and crumbled bacon to create a more than satisfying classic salad. This keeps for up to five days in the fridge.

[Print](#)

Share: [f](#) [t](#) [g+](#) [e](#)

[Like](#) [f](#) 16 people like this. Be the first of your friends.

[Comment on this recipe](#)

Ingredients

3/4 cup sour cream
1/3 cup crumbled blue cheese
1/3 cup whole milk
1/3 cup mayonnaise
1 teaspoon salt or more to taste
1 teaspoon red wine vinegar

Yields: 2 cups

Preparation

Place the sour cream, blue cheese, milk, mayonnaise, salt, and vinegar in a medium bowl and whisk thoroughly until completely combined. Taste and adjust the seasoning, if desired.

The Meatball Shop's Classic Beef Meatballs



This recipe was prepared in Rachael's Loft – our home away from home in the heart of downtown NYC – [click here for more recipes and entertaining tips from Rachael's Loft!](#)

[Print](#)

Share: [f](#) [t](#) [g+](#) [e](#)

[Like](#) [f](#) 28 people like this. Be the first of your friends.

[Comment on this recipe](#)

Ingredients

For the Meatballs:

2 tablespoons olive oil
2 pounds 80% lean ground beef
1 cup ricotta cheese
2 large eggs
1/2 cup bread crumbs
1/2 cup chopped fresh parsley
1 tablespoon chopped fresh oregano or 1 teaspoon dried
2 teaspoons salt
1/4 teaspoon crushed red pepper flakes
1/2 teaspoon ground fennel
4 cups classic tomato sauce

For the Classic Tomato Sauce:

1/4 cup olive oil
1 onion, finely diced
1 bay leaf
1 teaspoon chopped fresh oregano or 1/2 teaspoon dried
2 garlic cloves, roughly chopped
2 teaspoons salt or to taste
2 tablespoons tomato paste
Two 26-ounce boxes Pomi Chopped Tomatoes or two 28-ounce cans whole plum tomatoes, chopped with their liquid

Yields: about 2 dozen 1 1/2-inch meatballs

Preparation

For the Meatballs:

Preheat the oven to 450°F. Drizzle the olive oil into a 9x13-inch baking dish and use your hand to evenly coat the entire surface. Set aside.

Combine the ground beef, ricotta, eggs, bread crumbs, parsley, oregano, salt, red pepper flakes, and fennel in a large mixing bowl and mix by hand until thoroughly incorporated.

Roll the mixture into round, golf ball-size meatballs (about 1 1/2 inches), 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 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.

While the meatballs are roasting, heat the tomato sauce in a small saucepan over medium-high heat, stirring often.

When the meatballs are firm and fully cooked, remove them from the oven and drain the excess grease from the pan. Pour the tomato sauce over them. Return the meatballs to the oven and continue roasting for another 15 minutes.

For the Classic Tomato Sauce:

Heat the olive oil in a large pot over medium heat. Add the onions, bay leaf, oregano, garlic, and salt and cook, stirring often, until the onions are soft and translucent, about 10 minutes.

Add the tomato paste and continue cooking for 5 minutes. Add the tomatoes and stir constantly until the sauce begins to boil. Lower the heat and simmer for 1 hour, stirring every 5 minutes or so to prevent the sauce on the bottom of the pot from burning. Taste and season with additional salt, if desired. Remove the bay leaf before serving.