



## Make it Fresh with Cooking Counts Lesson Plans for: *Spicy Meatballs*

### **Course Description:**

This hands-on training will introduce you to the *Spicy Meatball* recipe and help you better understand the process of making the meatballs while following a standardized recipe.

Estimated class time: 3 hours

### **Local Ingredients:**

This recipe features the following local ingredient(s): pork, beef and eggs.

Choose Iowa Food of the month resources may be found [here](#).

### **Preparation:**

#### Equipment Needed:

Mixing bowl  
Sheet pan

#### Grocery List:

Ground pork  
Ground beef  
Whole grain bread crumbs  
Eggs  
Red wine vinegar  
Paprika  
Oregano  
Fennel seed  
Dried parsley  
Black pepper  
Red pepper  
Onion powder  
Garlic powder

### **Opening Remarks:**

Today's lesson is meatballs. These are traditional style meatballs with a little kick. These meatballs are versatile and pair nicely with pasta and marinara, mushroom sauce and rice, or served as sweet and sour meatballs.

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### **Understand the Ingredients and Methods:**

The meatballs will be baked today using dry heat. The object of dry-heat cooking is to achieve the desired degree of doneness, or protein coagulation, while preserving natural tenderness and juices. Protein coagulates when it is heated. This means it becomes firmer and loses moisture. When protein has coagulated to the desired temperature, the meat is said to be “done.”

The breadcrumbs in the recipe help to bind the mixture, but they also help to retain moisture in the meatballs resulting in a more tender product.

Tip: Do not overmix as this can cause the meat to become tough.

### **Show video:**

[Spicy Meatballs](#)

### **Lab:**

Remember your mise en place!

Prepare recipe

(This can be done in teams, individually or as a demonstration)

### **Discussion and Evaluation:**

1. Did you achieve the yield identified on the recipe? Why or why not?
2. Review the appearance of the finished product. Does it look appetizing? Does appearance indicate freshness? Overcooking?
3. Texture – Is the product easy to cut and chew? Is it too soft for the ideal product?
4. Flavor – Evaluate the flavor. Does the natural flavor of the ingredients come through? Is the seasoning adequate?
5. What potential challenges and solutions do you see when making this recipe for a large number of students?
6. When customizing this recipe for your operation, what modifications need to be made to the standardized recipe to make it work in your facility with your staff and your equipment?

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