



FINE HERBS MEAT BALL

For 4 persons

Cooking time: Up to when temperature reaches 90°C

Ingredients :

- 450g lean ground beef
- 1 egg
- 1 little finely chopped onion
- 1 garlic clove
- 2 Tablespoons of starch
- 1 Tablespoon of mustard
- 80g sour cream
- salt and pepper
- fine herbs*

Sauce :

- 250ml beef stock
- 2 Tablespoons of soya sauce
- salt and pepper
- 1/2 Teaspoon of fine herbs*
- 1 garlic clove
- 2 Tablespoons corn starch

***Fine Herbs:** Chives and French dehydrated shallots

Preparation :

Mix all the ingredients in a bowl. Make some little meat balls. Put the meat balls in the *CromoTanium* frying pan. Add 1 Tablespoon of water and a dust of fine herbs. Close the lid, put on medium temperature until temperature reaches 90°C. Serve.

Sauce :

Put all the sauce ingredients except the starch in the *CromoTanium* frying pan. Make it boil. Add starch to water in a separate medium bowl and stir with a fork. Add in *CromoTanium* frying pan. Keep cooking until the desire thickness. Add a teaspoon of butter (optional) and mix. Serve the meat balls with sauce, rice or vegetable of your choice.