

Gourmet Meatballs in a Rich Mushroom Sauce: A Restaurant-Quality Dinner

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TIME
45 min

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INGREDIENTS

For the Meatballs:

For the Mushroom Sauce:

DIRECTIONS

1. Prepare the : Meatball Mixture
2. In a large mixing bowl, combine the breadcrumbs and milk. Let them sit for about 3-5 minutes until the milk is absorbed. This is the secret to a tender meatball. Add the ground beef, egg, minced garlic, chopped onion, parsley, salt, and pepper.
3. Form the : Meatballs
4. Using your hands or a small cookie scoop, roll the mixture into evenly sized balls, approximately 1 to
5. 5 inches in diameter. You should get about 16-20 meatballs.
6. Brown the : Meatballs
7. Heat your olive oil or butter in a large skillet over medium heat. Add the meatballs (don't overcrowd the pan; work in batches if necessary). Cook until they are deeply browned on all sides.
8. They don't need to be cooked through at this stage! Remove them from the pan and set them aside on a plate.
9. Cook the : Mushrooms
10. In the same skillet (don't wipe it out!), add the 2 tablespoons of butter. Once melted, add the sliced mushrooms. SautØ for 5-7 minutes until they release their moisture and turn a beautiful golden brown. Stir in the garlic and cook for 1 more minute until fragrant.
11. Build the : Sauce
12. Sprinkle the flour over the mushrooms and stir constantly for about a minute to "toast" the flour and remove the raw taste. Slowly whisk in the beef broth. Continue stirring until the sauce begins to bubble and

thicken slightly.

13. Add : Cream and Season
14. Lower the heat and stir in the heavy cream and thyme. Taste the sauce and add salt and pepper as needed.
15. Finish : Cooking
16. Return the meatballs (and any juices from the plate) back into the skillet. Cover with a lid and simmer for 8-10 minutes. This allows the meatballs to finish cooking through while absorbing the flavor of the sauce.

SWAPS & NOTES

The Meat: If you want a lighter version, ground turkey or chicken works beautifully.

Just be careful not to overcook them as they lean out faster than beef.

Dairy-Free: You can swap the milk/cream for full-fat canned coconut milk and use vegan butter, though the flavor profile will shift slightly toward a nutty sweetness.

Mushrooms: If you're a mushroom lover, try a blend of Shiitake, Oyster, and Cremini for a truly "gourmet" feel.

TIPS FOR SUCCESS

Don't Overmix: When combining the meat ingredients, mix until just combined.

Overworking the meat leads to tough, rubbery meatballs.

The Sear is Key: That brown crust on the meatballs isn't just for looks; it's where all the savory flavor lives.

Fresh Herbs: While dried thyme is convenient, finishing the dish with a handful of fresh parsley or chives adds a brightness that cuts through the richness of the cream.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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