

**NAME OF THE RECIPE:**

Grandma's meatball stew

PARTICIPANT'S NAME:

JoAnne Fournier

CATEGORY:

Family Table (family)

PROVINCE:

Quebec

STORY:

My mother JeAnine, who's 92 years old and has 5 children, was an excellent cook in her day. She loved to make recipes from the great cooks of her era, like Jehane Benoit, Janette Bertrand and Sœur Berthe. She was passionate about cooking shows. Her recipe books overflowed with recipes clipped from newspapers, yellowed with age. I'm so happy to have gotten my hands on her recipe binders when she moved. This recipe is simple to prepare: once the meatballs are made, the meal is almost ready! My two daughters are always asking for this meatball stew!

INGREDIENTS:

- 1 lb ground pork
- 1 lb ground veal
- 1 lb ground beef
- 3/4 to 1 tsp salt
- 3/4 to 1 tsp pepper
- 1 or 2 eggs
- 1 medium onion, finely chopped
- 1/4 tsp summer savory
- 1/4 tsp poultry seasoning
- A few spoonfuls of breadcrumbs, to bind everything together

INSTRUCTIONS:

1. Mix all the ingredients.
2. Roll the mixture into meatballs that are about 1 inch in diameter.
3. Heat a pan (preferably cast iron) and add butter and oil.
4. Cook meatballs until they're golden brown on all sides.
5. Remove the meatballs and keep them warm.
6. Dissolve 2 tablespoons of powdered beef gravy in 2 cups of cold water, then pour the gravy into the hot pan. Whisk the gravy (to prevent lumps) until it thickens.
7. Pour the sauce over the meatballs and enjoy.

Sauce

- 2 tbsp Bisto gravy, or another powdered beef gravy
- 2 cups cold water