



Minced Meat Trio

Pork, Beef & Veal



Ever wondered why some grocers sell a trio or duo of minced meats: pork, beef & veal?

It's an Italian tradition and an alchemy of flavour and texture that home cooks have perfected over the generations for the best meatballs, meat loaf and lasagna. And for the French – a blend of beef & pork is the tradition for their famous tourtière.

Emily Richards, professional home economist (emilyrichardscooks.com) has this to say on the topic:



"It's the texture and flavour combination that all the meats provide that makes up what we call Nonna's Mix. Tenderness, meatiness and juiciness is just the best in this magical meat combo. It's what my Nonna did so we follow! So it is nothing really scientific or anything, I am just following the family rules."

Here's a sampling of recipes using these mixes of minces to try. After all, Nonna knows best!



Nonna's Meatballs

Courtesy of Emily Richards, from her book *Per La Famiglia: Memories and Recipes of Southern Italian Home Cooking*

INGREDIENTS

½ lb (250 g) EACH lean ground pork and veal	2 tbsp grated Parmesan cheese
1 cup fresh bread crumbs	1 clove garlic, minced
1 egg	½ tsp salt
2 tbsp finely chopped Italian parsley	Pinch of hot pepper flakes
	Pasta sauce (homemade or jarred)

METHOD

Preheat oven to 350°F (180°C). Line a baking sheet with foil.

In a large bowl, mix together pork, veal, bread crumbs, egg, parsley, Parmesan, garlic, salt and red pepper flakes until well combined. Using wet hands roll meat mixture into 1-inch (2.5 cm) balls. Place on a prepared sheet.

Bake in oven for about 12 minutes or until no longer pink inside, but not browned.

Meanwhile, heat pasta sauce over medium heat. Add meatballs to sauce and boil gently for about 10 minutes. Serve with pasta or in a bun. **Makes 24 meatballs.**



Burger Bliss Sliders

INGREDIENTS

5 oz (150 g) EACH lean ground
beef, pork and veal
1 egg
1 clove garlic, minced
½ cup crumbled blue cheese
(optional)

¼ cup EACH bread crumbs and
minced onion
2 tbsp Worcestershire sauce
1 tbsp minced fresh tarragon
(optional)

METHOD

Combine beef, pork and veal, egg, garlic, cheese (if using), bread crumbs, onion, Worcestershire sauce and tarragon (if using) in bowl.

Divide meat into 12 portions. Form into 3-inch (8 cm) patties. Make a thumb-print depression in centre of each patty (to prevent rounding while they grill). Make Ahead: Refrigerate, covered, for up to 1 day.

Grill patties using medium-high heat for 10 to 14 minutes, turning twice, until digital rapid-read thermometer inserted sideways into centre of each patty reads 160°F (71°C). Makes 12 Slider patties.



Traditional Tourtière

INGREDIENTS

½ lb (250 g) lean ground pork
½ lb (250 g) lean ground beef
1 onion, chopped
1 garlic clove, minced
1 celery stalk, diced
½ tsp EACH dried thyme and sage

¼ tsp EACH ground cloves and
cinnamon
1 ½ cups leftover mashed potatoes
2 tbsp minced fresh parsley
2 x 9-inch (23 cm) ready-made
uncooked pie shells (or homemade
pastry for 1 double crust pie)

METHOD

Pan fry ground pork, beef, onion, garlic, celery, thyme, sage, cloves and cinnamon in large deep skillet, over medium-high heat for 10 minutes. **DON'T DRAIN.** Remove from heat. Stir in leftover mashed potatoes and parsley. Let cool to room temperature.

Spoon into a 9-inch (23 cm) pie shell. Top with second pie crust and cut steam vents in top crust.

Bake in 400°F oven until golden brown and bubbling slightly in the centre, about 35 to 45 minutes. **Makes 1 x 9-inch pie.**

Salisbury Steak with Mushroom Wine Sauce (on cover)

INGREDIENTS

½ lb (250 g) lean ground beef
½ lb (250 g) lean ground pork
¼ cup finely chopped onion
½ cup finely grated carrot
1 large egg

1 ½ tsp garlic powder
¼ tsp salt
pepper to taste
Wine and Mushroom Sauce (recipe below)

METHOD

Combine beef and pork, onions, carrots, garlic powder, egg, salt and pepper in a large bowl. Mix well.

Shape meat mixture into four 3/4-inch (2 cm) thick patties. Place patties on a parchment paper-lined baking tray and cook in a 425°F oven for 20 minutes per side. Meanwhile, make Wine and Mushroom Sauce.

Transfer patties from oven to the sauce; cover and cook for 5 additional minutes until a digital rapid-read thermometer inserted sideways into centre of each patty reads 160°F (71°C).

Wine and Mushroom Sauce: Sauté 1/2 cup finely chopped onion and 3 minced garlic cloves in 1 tbsp olive oil over medium-high heat; cook, stirring until softened. Add 2 cups of diced white mushrooms; cook, stirring until lightly browned. Gradually stir in 1/2 cup red wine and bring to boil, scraping up browned bits from bottom of pan; cook until reduced by half. Stir in 1-1/2 cups no salt-added beef broth, 1 tsp brown sugar, 1/2 tsp chili powder, 2 tbsp finely chopped parsley (optional), and salt and pepper to taste; bring to boil and simmer for 5 to 10 minutes until slightly thickened. Reduce temperature to medium; gradually stir in a mixture of 1 tbsp cornstarch mixed with 1 tbsp cold water; cook, stirring until sauce thickens slightly, about 5 minutes.
Makes 4 Salisbury steaks.

