Big Meatballs

Serves 4

Eat these hot, as is or with a sauce, or let cool and take as part of a next-day picnic, with good mustard alongside, and a bowl of Berliner-Inspired Potato Salad.

- **1 pound lean ground beef**
- **2 to 3 small shallots, chopped (about ⅓ cup) or 3 green onions, thinly sliced**
- **3 to 4 cloves garlic, coarsely chopped**
- **2 tablespoons chopped parsley**
- **1 tablespoon soy sauce**
- **Kosher salt, to taste**
- **Coarsly ground black pepper, to taste**

Instructions: Gently mix the beef with the shallots or onion, the garlic, herbs and soy sauce. Shape into four patties for big meatballs or eight patties for little ones.

Heat an ungreased nonstick frying pan and sprinkle the outside of the patties with salt and pepper, then lay them carefully in the pan. Cook over high heat on each side, then lower the heat and cook slowly. If you want a more hamburger type of patty, cook until past rare, about 6 minutes depending on the thickness. If you wish a more big meatball sort of patty, lower the heat and cook slowly, covering it every so often, for about 15 minutes.

When meat is cooked, pour off the fat or blot the fat with a paper towel.

Variations: Use an equal amount of chopped dill or watercress in place of the parsley, or add a teaspoon of chopped fresh tarragon in place of half the parsley. For a mushroomy melange, add about 4 ounces thinly sliced mushrooms to the pan and brown along with the patties.

Per serving: 205 calories, 24 g protein, 3 g carbohydrate, 10 g fat (4 g saturated), 41 mg cholesterol, 310 mg sodium, 0 fiber.