



Watertown Farmers' Market Culinary Corner

September 16, 2020

Welcome to Eat Well Watertown's Culinary Corner! Each week, we'll feature Watertown Farmers Market products and vendors. We'll offer nutritional and culinary tips, and recipes for you to experiment with. We hope that you'll be encouraged to try new or unfamiliar vegetables and fruits, and we'll help you pair them with meats and fish from the Farmers Market walkway.

Simple Supper for Four

Written By: Eat Well Chef Natalie

This recipe, **Pilota**, is a traditional Catalan Christmas dish, but tastes good any time of year. The ratio of pork to lamb is a matter of personal preference. The more lamb, the stronger the flavor. Serve the meatballs over grilled eggplant - out of this world!

First Course: Bread of choice from Clear Flour Bakery served with Boston Smoked Fish Blue Fish Paté from Hooked Fish Shop

Main Course: Meatballs, recipe below, using meats from Lilac Hedge Farm and served over grilled eggplant

- 1 1/2 lb ground lean pork
- 1/4 lb ground fatty pork
- 1/4 lb ground lamb (stew)
- Parsley, handful chopped fine
- 1/2 tsp. salt & pepper
- 1 egg, beaten lightly
- 3 cloves garlic, minced
- 1 c. breadcrumbs, reasonably fresh and not too fine

Hand mix ingredients above & shape balls 1-2" in diameter

Brown meatballs in pan in light vegetable oil

Simmer in meat broth of your choice, about 20 mins. max.

For a Spanish flair make a **picada**, a thickening agent & flavor enhancer. Grind 10 almonds, 1/4 c parsley, 1 lightly fried garlic clove, and more breadcrumbs together. Add enough broth to make a thick liquid. Pour the picada into the broth in kettle for the second half of the cooking time. Enjoy!