

MAPLE BARBEQUE MEAT BALLS

(Perth, Ontario 2009 Maple Tour)

SAUCE:

½ cup pure Ontario maple syrup

¼ cup soya sauce

½ tsp. ginger

¾ tsp dry mustard

¼ tsp. nutmeg

¼ tsp cloves (powdered)

Mix ingredients together.

MEATBALLS:

1 lb. lean ground beef

½ cup bread crumbs

1 egg

1 med. Onion diced

Mix ingredients together and form into small meatballs.

Brown in frying pan or oven, drain and add Maple Barbeque Sauce and cook on the stove for 30 minutes.