



## Lime Meatballs

### MAKES 12 MEATBALLS

When I taught cooking to female entrepreneurs in the Dominican Republic, one of the recipes I was excited to share was the lemon meatballs that I had learned to make in Rome. But when I looked for available local ingredients, I discovered that not a single lemon grew on the island. In fact, the islanders had never heard of lemons. They only used limes. So, I thought, "Why not make meatballs using the local citrus?" Thus, Lime Meatballs were born.

On top of that, I learned what was possible without electricity or running water by frying over 100 meatballs in an iron pot set over a blue flamed fire contained by concrete cinderblocks. Sweat dripped into the live coals and the oil singed my hands as my sympathetic students fanned me with their scarves and sang gospel music. The looks on their faces as everyone delighted in the meatball's citrusy flavors was unforgettable. The entire experience that day in the jungle impacted me deeply and personally, and of course the meatballs disappeared in minutes. Now, whether it's because of the slight bitterness of the lime or the enchanting memory of my students' joy and song—or indeed both—I rarely use lemons for this recipe. But I encourage you to try them both ways, and you be the judge.

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### INGREDIENTS

1-pound lean ground beef

½ cup grated Parmesan cheese, plus extra for garnish

½ cup dry breadcrumbs

1 large egg

2 tablespoons milk

Grated zest and juice of 2 medium limes, plus extra zest for garnish

¼ cup fresh parsley leaves, chopped

¼ teaspoon grated nutmeg

½ cup vegetable oil

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### PROCESS:

In a large bowl, combine all ingredients except the oil and blend with your hands until just combined. Form the mixture into 3-inch balls and place on a plate. In a large skillet, heat the oil over medium-high heat. Add the meatballs and fry until all sides are browned and the meatballs are cooked through, about 8 minutes. Remove with tongs to a plate lined with paper towels. Garnish with more Parmesan cheese and grated zest and serve.