

Jerk Chicken Meatballs With BBQ-Pineapple Glaze

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Time: 30 Minutes

Serves: 4 servings

FOR THE MEATBALLS

Neutral oil

1 pound ground chicken or turkey

1 small yellow or red onion, finely diced

1 egg, beaten

¼ cup bread crumbs

2 tablespoons Jamaican jerk seasoning paste, such as Grace or Walkerswood

1 tablespoon chopped fresh parsley or cilantro leaves

1 teaspoon garlic powder

¼ teaspoon kosher salt

¼ teaspoon black pepper

FOR THE GLAZE

1 cup pineapple juice

½ packed cup light or dark brown sugar

¼ cup ketchup

2 tablespoons Worcestershire sauce

1 small garlic clove, minced

½ teaspoon onion powder

Pinch of red-pepper flakes

Pinch of kosher salt, plus more to taste

1 tablespoon cornstarch

White rice, for serving

1. Heat oven to 375 degrees. Line a sheet pan with aluminum foil and very lightly coat it with oil.
2. Prepare the meatballs: In a medium bowl, combine the chicken, onion, egg, bread crumbs, jerk seasoning paste, parsley, garlic powder, salt and pepper. Mix thoroughly to combine, being careful not to overwork the meat. Using lightly wet hands, form the mixture into 12 meatballs, each a bit larger than a golf ball, and space them out on the prepared pan. Bake until golden brown, about 15 minutes. (Alternatively, you can fry them in a nonstick pan coated in oil over medium heat for about 4 to 5 minutes per side.)
3. While the meatballs cook, prepare the glaze: Whisk the pineapple juice, brown sugar, ketchup, Worcestershire sauce, garlic, onion powder, red-pepper flakes and salt together in a medium pot over medium-high heat. Bring to a boil, then reduce heat to medium-low. Simmer until it reduces enough to coat the back of a spoon, about 10 to 15 minutes.
4. In a small bowl, mix together the cornstarch with 1 tablespoon water. Slowly whisk into the sauce, increase the heat to medium and stir until you reach the desired

consistency. (Sauce should look like a thicker gravy.) Taste and adjust seasoning as needed.

5. Add the meatballs to the sauce and stir until coated. Cook over medium-low heat for 2 minutes, until the meatballs are evenly glazed and deepen slightly in color. Serve hot on their own or over rice.