

CAPTAIN BEN'S HAWAIIAN HOLIDAY HAM BALLS

Ham balls are a holiday favorite in my family but are great any time of the year. Make them small for a toothpick-piercing party side, or larger for a main dish. This recipe calls for ground ham, which you will likely have to do yourself. A traditional meat grinder is perfect, but you can also cut your ham into 1 in cubes and pulse in batches in a food processor. Any soft breadcrumbs will do, but to make it extra special, roughly tear up sweet Hawaiian rolls and pulse the same way.

MEATBALL INGREDIENTS

2 cups soft bread crumbs (sweet Hawaiian is best)

1 Cup Milk

1 ½ lbs. each ground ham and ground pork

(don't stress about the ratio. I've found that most grocers package ground pork around 1.3 lbs and a pre-packaged ham steak comes in just under 2lbs. with the bone out of the ham steak before it's ground, this mixture is fine.)

Mix above ingredients together and form balls of uniform size. Put on a jelly roll pan (you need sides to contain the sauce) They can be touching.

SAUCE INGREDIENTS

1 ½ Cup brown sugar

½ cup water

½ cup white vinegar

1 tsp. dry mustard

1 20 oz. can crushed pineapple

Mix and bring to a boil in a saucepan.

Pour over meatballs

Bake @ 325 for 1 hour.

After baking, put under a broiler until the tops of the meatballs just begin to brown and the sauce caramelizes. (you may not need this step if you've made them small)