

Creating the Perfect Ball

When creating your own ball-shaped food, consider these 5 questions. Your answers will help you prepare the perfect ball!

1. What do I want Inside?

Flavor profile—Sweet or Savory
Base—meat, veggie, legume, or dough
Ingredients and their size, raw or cooked
Binders
Filled or stuffed

2. What do I want Outside?

Soft, crispy, or browned
Plain or Coated
Glazed or frosted
Dipped or drizzled
Bare or sauced

3. How do I want to make them?

What size
How many
Hand mixed or food processor
Hand formed or tool shaped

4. How do I want to cook them?

How long
No bake, refrigerate, or freeze
Bake, broil, drain rack, no drain rack
Pan fry or air fry
Steamed, braised, boiled, souped, grilled
Cooking vessel choices

5. How do I want to serve and store them?

Snack, appetizer, or entrée
Part of a meal or a larger dish
Sauces and toppings
Hot or cold
With a fork, spoon, or on a stick
Refrigerate or freeze for storage
Serving and storage vessel choices

Tools:

- Hands
- Scoops
- Spoons
- Melon baller
- Ball maker
- Molds

Other helpful items:
Gloves, Cooking Spray

Binders:

Soaked or unsoaked bread
Eggs or Flax egg
Creamy thick cheeses
Nut butter
Mashed beans or lentils
Cooked or uncooked rice
Crackers

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