Orange-Molasses Turkey Bites

24 turkey meatballs with orange slaw, 2 meatballs per portion | Active 35 min | Cook 30 min | Total 75 min

Ingredients

- 600 g/1 lb 5 oz raw ground turkey, kept refrigerated until mixing
- 60 g plain dry breadcrumbs (about 1/2 cup)
- 60 ml milk (1/4 cup)
- 1 large egg, 50 g without shell
- 100 g/3 1/2 oz onion, very finely chopped
- 3 g fine salt (1/2 teaspoon), divided 2 g meat and 1 g slaw
- 2 g smoked paprika (1 teaspoon)
- 30 g molasses (about 1 1/2 tablespoons)
- 25 g Dijon mustard (about 1 tablespoon + 2 teaspoons)
- 30 ml orange juice (2 tablespoons)
- 35 ml apple cider vinegar (2 tablespoons + 1 teaspoon), divided 15 ml glaze and 20 ml slaw
- 15 ml water (1 tablespoon)
- 250 g/9 oz green cabbage, finely shredded
- 150 g/5 1/4 oz peeled orange flesh, membranes/seeds removed, chopped
- 10 ml olive oil (2 teaspoons), for slaw

Set out

Oven, Rimmed tray with usable 40 × 30 cm/16 × 12 in base, Parchment, Three separate bowls: raw turkey mixture, clean cooked-meat glaze, and cold slaw, Knife and separate boards for produce/raw poultry, Scale, Small saucepan and spoon, Food thermometer, Tongs, Separate hot and cold carriers, Refrigerator

Allergens

Wheat, Milk, Egg, Mustard. Check labels and substitutions.

Make it

1. Heat the oven to 400°F/200°C and line the tray. Mix breadcrumbs and milk, then add egg, onion, 2 g salt, paprika and turkey. Mix gently with clean hands. Divide into 24 equal portions, about 36 g each, and shape balls. Keep raw mixture cold while portions are waiting.

2. Arrange in 4 rows of 6 with space between. Bake 20-25 minutes until several center and edge meatballs reach 165°F/74°C. Extend cooking if needed. Wash hands, boards and utensils after raw turkey.

3. Meanwhile simmer molasses, mustard, orange juice, 15 ml vinegar and 15 ml water for 4-5 minutes until lightly thickened. Toss only fully cooked meatballs with all the glaze in a clean bowl; return to the warm tray for 2 minutes if needed to cling.

4. In a separate clean bowl, mix cabbage, all 150 g orange flesh, 20 ml vinegar, 10 ml oil and the remaining 1 g salt. Keep the slaw refrigerated until serving.

5. Serve 2 meatballs with one-twelfth of the slaw. Pack all 24 meatballs and all the slaw in separate temperature-controlled containers for travel.

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Bring it

Keep meatballs at 140°F/60°C or above in a proper hot carrier, or chilled at 40°F/4°C or below; slaw always travels cold. Count time outside those temperatures across packing, travel and display within 2 hours, or 1 hour above 90°F/32°C.

Finish at the gathering

If meatballs travel chilled, arrange a 350°F/180°C oven and covered shallow dish for 20-30 minutes, then verify 165°F/74°C. The slaw needs refrigerator or ice space, and its own clean spoon.

Make it yours

Serve paired meatballs beside a small slaw spoonful for a winter small-plate party, or set out the 24 meatballs and a separate labeled slaw bowl for guests to portion themselves.

Ingredient labels

Breadcrumbs, milk, egg and Dijon supply the listed allergens. Check ground poultry, seasonings and breadcrumbs for extra ingredients.

A useful detail

The 75-minute total allows produce preparation and portioning, the poultry bake, the overlapping glaze stage and final handling. Do not shorten the 165°F/74°C poultry check because a small meatball looks brown.

Another way

Use 600 g ground chicken instead of turkey and retain 165°F/74°C.

Replace molasses with 30 g maple syrup; reduce the glaze until it lightly coats a spoon rather than adding extra syrup.

Keep it well

Refrigerate meatballs and slaw promptly in separate shallow containers at 40°F/4°C or below and use within 2 days. Follow the Bring it handling limits. Reheat meatballs to 165°F/74°C and keep slaw cold. Freeze promptly chilled meatballs without slaw for up to 2 months for quality; thaw in the refrigerator.