



Classic Italian Meatballs

Friday October 17, 2014 in Recipes

By using three types of ground meat and some aromatic spices, Chef Daniel Mezzolo's meatballs are brought to a whole new level.

Ingredients

2.5 lbs mix of ground veal, beef and pork
1/2 cup grated parm
1 tsp salt
pinch black pepper
2 medium eggs
1 clove garlic, rasped
1/8 tsp ground nutmeg
1.5 lemons, zested
1/4 cup parsley, chopped
4 sprigs fresh thyme, picked and chopped
1 cup torn italian bread
1 cup milk
1 cup white wine
4 cups tomato sauce
2 pieces of thyme and basil

Preparation

Soak the torn bread in milk until softened, remove and gently squeeze to drain.

Mix all ingredients together in a large bowl and add milk as needed. Mix until fully combined—but not mushy and overmixed. Roll into 1 oz balls and coat with all purpose flour.

Fry in a pan until golden brown then transfer to parchment lined baking sheet and finish in oven at 350F for 25-30 minutes. Deglaze dirty pan with white wine, then add tomato sauce, basil and thyme.

Serve together with rapini.

Yield: serves 5