



Mangia Bene E Vivi Bene!

By FRANK ZEOLI



Meatballs (SUNDAY SAUCE PT 2)



In many Italian American households, Sunday was a day dedicated to family and a large, leisurely meal. In my house, Sunday dinner would always include macaroni with “Sunday Sauce” on top. Traditional Sunday Sauce was cooked for hours and always included beef braciola, sausage, pork ribs, and meatballs.

Traditional Italian meatballs, known in Italian as “polpette,” are a beloved comfort food with deep roots in Italian American home cooking. I think a traditional polpetta needs to include a mix of beef, pork, and veal. Different regions of Italy make them differently; for example, they may consist of raisins and pine nuts in Sicily. My family, being from Calabria, made them this way.

PREP TIME: 20 MINUTES FRY TIME: 30 MINUTES
SUNDAY SAUCE TIME: 4 HOURS

INGREDIENTS

- 1 lb. of ground beef
- 1 lb. of ground pork
- 1 lb. of ground veal
- 3 eggs
- ½ cup of pecorino romano cheese (grated)
- ¼ loaf of Italian bread (hard)
- 1 teaspoon of granulated garlic
- ½ teaspoon of salt
- Pinch of black pepper
- 1 tablespoon of parsley (dried)
- 2 ½ to 3 cups of canola oil (for frying)



INSTRUCTIONS

1. Place the bread in a small mixing bowl. Add enough water to completely submerge the bread and soak it until completely wet. Using the inner parts of the bread, squeeze out all the water and place it aside. You should have about ½ cup of wet bread.
2. In a small bowl, beat the eggs, granulated garlic, salt, and pepper until thoroughly mixed.
3. Combine the beef, pork, veal, egg mixture, wet bread, cheese, and parsley in a large mixing bowl.
4. Roll about 2 oz of meat into a ball and set aside. Repeat the step until all of the meatballs are rolled. You want to make sure you roll them until they are entirely smooth. Note: you can use a 2-oz ice cream scoop to ensure each meatball has the same amount of meat.
5. Add the canola oil to a large frying pan, making sure you use enough to cover the entire bottom of the pan. Fry the meatballs for about two minutes on both sides until they are golden brown and pink inside. Remember, you don’t have to cook them all the way; they will continue to cook in the sauce.
6. Once you have fried the entire batch, you should have about 24 meatballs. Place them aside until you are ready to add them to the sauce.

Check next month’s recipe to learn how to make a traditional Sunday Sauce.



Look for more recipes in the next edition of the SIAMO QUI