

Meatballs

Serves 4 to 6

Ingredients

Meatballs

1 1/2 lb ground beef (at least 20% fat)
1/2 lb ground pork
3 eggs
1/2 cup breadcrumbs
1/2 cup pecorino romano, grated
1/4 cup whole milk
2 tsp dried oregano
1/4 cup fresh parsley, chopped
2 garlic cloves, minced
1 1/2 tsp salt
1/4 tsp pepper

Sauce

2 (28oz) cans crushed tomatoes
1 garlic clove, minced
1 medium onion, chopped
1 tsp dried oregano
2 tbsp olive oil
salt
sugar (optional)

Lets start with a basic sauce. In a large sauce pan on medium heat, add 2 tbsp of olive oil and chopped onions. Sauté onions for about 5 minutes. Add garlic cook for 1 minute. Add 2 cans of crushed tomatoes (we like to buy whole/peeled tomatoes and crush them to our desired texture), and 1 can of water. Add oregano, and about 2 tsp of salt (or to taste). Sugar isn't something we always add, it really depends on the tomatoes. If they're particularly acidic, we add sugar. If they're very sweet, not so much. Try starting with 1/4 tsp. Lower heat, partially cover, and simmer. Stir occasionally.

Take all of your dry ingredients (bread crumbs, pecorino, salt, pepper) and mix into a small bowl. In a separate bowl, whisk eggs and milk.

In a 3rd, much larger bowl, add beef, pork, garlic, and parsley. Pour wet ingredients into the bowl, then add your dry and let's get those hands dirty. Mix with your hands (Mom's voice pops into my head "wash-eh your hands"). Don't over mix, just enough to distribute all ingredients evenly.

In a frying pan, add oil (canola, vegetable, whatever frying oil you like) to coat the bottom of the pan (about 1/4 cup). Add meatballs in batches, being careful not to overcrowd the pan (we cook about 4 at a time). Brown all sides of the meatballs, do not fully cook (they'll finish cooking in the sauce). Set aside. After you've browned all of them, add to sauce.

If the sauce is too thick at this point, add a bit more water.

Simmer meatballs in sauce for 30-40 minutes, and they're ready to serve.