

# ITALIAN BEEF MEAT BALLS

**½ CUP FRESH BREADCRUMBS, FROM 1-2 SLICES  
WHITE BREAD (CRUST REMOVED)**

**¼ CUP MILK**

**2 EGG YOLKS**

**½ CUP GRATED PARMESAN CHEESE**

**2 GARLIC CLOVES, FINELY CHOPPED OR GRATED**

**1 TSP SALT**

**1 TSP GROUND BLACK PEPPER**

**1 POUND GROUND BEEF CHUCK**

**1 POUND GROUND PORK OR VEAL**

**¼ CUP GRATED ONION, OPTIONAL**

**⅓ CUP CHOPPED PARSLEY OR BASIL**

**OLIVE OIL**

## **PROCEDURE:**

1. PUT THE BREADCRUMBS IN A SMALL BOWL AND POUR THE MILK OVER. LET THEM SOAK FOR 5 MINUTES. ADD THE EGG YOLKS, CHEESE, GARLIC, SALT, AND PEPPER TO THE BOWL AND MASH TOGETHER TO FORM A COARSE PASTE.
2. PUT THE BEEF, PORK AND ONION IN A LARGE BOWL AND MIX WITH A FORK TO BLEND. ADD THE BREAD MIXTURE AND PARSLEY. BLEND EVERYTHING TOGETHER WELL, USING YOUR HANDS, LARGE WOODEN SPOON OR LARGE FORK OR WITH A STANDING MIXER ON LOW SPEED, UNTIL JUST BLENDED. THE MIXTURE CAN BE REFRIGERATED UP TO 2 DAYS.

**FORM THE MEATBALLS:** USE A ¼-CUP MEASURING CUP OR COOKIE SCOOP TO PORTION THE MIXTURE AND ROLL LIGHTLY INTO BALLS. THEY DON'T HAVE TO BE PERFECT — CRAGGY MEATBALLS HAVE CHARACTER AND HOLD THE SAUCE BETTER!

**TO COOK ON THE STOVETOP:** POUR ENOUGH OIL INTO A LARGE SKILLET TO COAT THE BOTTOM AND PLACE OVER MEDIUM-HIGH HEAT. WHEN THE PAN IS HOT, ADD AS MANY MEATBALLS AS WILL FIT IN THE PAN WITHOUT CROWDING. THEY SHOULD SIZZLE AS SOON AS THEY HIT THE PAN. BROWN ON ALL SIDES. COVER, LOWER THE HEAT AND COOK UNTIL FIRM AND COOKED THROUGH (165 DEGREES - ABOUT 15 MINUTES) REPEAT WITH REMAINING MEATBALLS, POURING OUT THE OIL AND ADDING A FRESH LAYER.

**TO FINISH COOKING IN TOMATO SAUCE:** AFTER BROWNING THE MEATBALLS, TRANSFER THEM FROM THE SKILLET TO A SIMMERING POT OF MARINARA SAUCE. COOK 10-12 MINUTES.

**TO BAKE THE MEATBALLS:** PREHEAT THE OVEN TO 425 DEGREES. ARRANGE THE MEATBALLS ON AN OLIVE-OILED COATED RIMMED BAKING SHEET. BAKE 10 MINUTES, THEN TURN THE MEATBALLS OVER WITH A SPATULA OR PAIR OF TONGS. CONTINUE BAKING UNTIL NICELY BROWNEED AND COOKED THROUGH, ANOTHER 10-12 MINUTES. SERVE THE WARM MEATBALLS WITH MARINARA SAUCE OR YOUR FAVORITE PREPARED TOMATO SAUCE.

**AGRICULTURE EXPO 2024**