

Nonna's Meatballs

By Domenico Tolomeo

Mimmo's favorite meatball recipe comes from his Nonna, who brought her own book of handwritten recipes over from Naples when she moved to the U.S. in the 1960s.

Yield: 10-12 meatballs

Prep Time: 10 min

Cook Time: 15 min

Ingredients:

- 225g (1/2 pound) ground beef
- 225g (1/2 pound) ground pork
- 60g (approx. 3/4 cup) Parmigiana Reggiano, grated
- 5g (1 tablespoon) parsley, chopped
- 5g (1 tablespoon) basil, chopped
- Salt and pepper, to taste
- 2 eggs
- 2 slices white bread (crusts removed)
- Heavy cream (enough for dredging)
- Approx. 300g (1 cup) Olitalia Extra Virgin Olive Oil (for frying)



Instructions:

1. In a mixing bowl, add both meats, grated cheese, parsley, basil, garlic, salt, pepper, and eggs.
2. In a separate bowl, dredge the white bread in the heavy cream for 1-2 seconds, then add it to the meat mixture and mix until well combined.
3. Heat olive oil in a frying pan on medium heat (there should be enough olive oil to come halfway up the meatball when frying).
4. Scale your meatballs to between 40-50g, roll them tight, and place them in the frying pan. Cook them for two minutes, then flip to get a nice crust. Reduce heat to medium-low and cook for 10-12 minutes.
5. Line a sheet pan with paper towels, and place the cooked meatballs on top to absorb any extra olive oil.
6. For an extra pop of flavor, sprinkle some sea salt on top.
7. Serve the meatballs by themselves, with pasta, or with Ciao Marinara Sauce.

Note:

- If you want to slow cook these meatballs in a tomato sauce, add a drizzle of olive oil to a frying pan, set the flame to medium-high, and brown the meatballs for about 2-3 minutes. Then, add them to a pot of Ciao Marinara Sauce and slow-cook them until they are fully cooked inside.