

Maine Arts Camp

2013

Recipe Name: Meatballs

Chef: Charlie Limoggio C.E.C.

Servings: 4

Yield:

Quantity	Unit	Ingredient Name	Prep Notes
1/3	cup	Milk	
1	slice	Firm good quality bread	
1	pound	Lean ground beef	
1	TBSP	Onion	Finely minced
1	TBSP	Chopped parsley	
1	large	Egg	
3	TBSP	Grated Parmesan cheese	
1	pinch	Marjoram	
		Salt & pepper	
		Fine dry breadcrumbs	Unseasoned
1	Cup	Canned Italian style tomatoes	chopped
		Vegetable oil	

1. Put the bread and milk into a sauce pan & bring to a boil. Mash the bread with a fork and blend it uniformly into the milk. Remove from heat & allow to cool.
2. In a mixing bowl, put the beef, onion, parsley, egg, marjoram, Parmesan, 1 tablespoon of oil, bread/milk mush, 1 teaspoon Kosher salt, and a pinch of ground black pepper. Mix everything thoroughly, but gently by hand.
3. Gently, without squeezing, shape the mixture into small round balls about one inch in diameter. Roll the meatballs lightly in the breadcrumbs and place on a plate or platter.
4. Choose a pan large enough to hold all the meatballs in a single layer with a cover. Add oil until about 1/4 inch deep. Heat on medium high. Gently slide the meatballs into the hot oil. Using a spatula, slide the meatballs into the oil gently. Brown the meatballs on all sides being careful not to allow them not to stick or break apart.
5. When well browned, turn off the heat and scoop out as much of the fat as you can with a spoon. Add the chopped tomatoes with their juice and 1/4 teaspoon salt. Cover the pan and simmer until thickened, about 25 minutes turning the meatballs from time to time and taste for salt

Notes: Borrowed from "The Classic Italian Cookbook" by Marcella Hazan
 Marjoram is a domesticated version of wild oregano. Oregano can be substituted if necessary. This recipe's sauce content is not sufficient for pasta as well. The meatballs will work very well in your favorite tomato sauce recipe.