

Chef from the Hood Recipes



Chef: Marina Andriola

Restaurant: Pacific Market

Recipe: Nonna's Meatballs

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Spaghetti and meatballs is a classic dish that's loved by all. The first Italian dictionary, written in 1817, lovingly includes spaghetti and meatballs. Warm, saucy and delicious, this combo is always a home run hit.

Recipe makes 10 to 12 large meatballs for 4. Double or triple this recipe. Leftover meatballs are great!

- 1 pound lean ground chuck
- 3/4 cup breadcrumbs in a ziplock bag (homemade or plain packaged) - To make crumbs, place very dry chunks of stale bread or toast in a recycled ziplock, roll with a pin or the side of a wine bottle.
- 1 tablespoon Italian seasoning (Morton & Bassett)
- 1/2 teaspoon sea salt (Sea Star)
- several serious turns from pepper grinder
- 2 tablespoons finely minced Italian parsley
- 3 cloves garlic, finely minced
- 1/2 large onion, finely minced, placed in a tea cup & barely covered with a dash of local olive oil
- 1 good pinch red pepper flakes (optional)
- 1 large organic egg (Clover)

Instructions

1. Lightly oil a sheet pan. Preheat oven to 350°. Make breadcrumbs in a ziplock bag. (See ingredients. If you made more than 3/4 cup, dump some out and reserve.)
2. Add ground beef, Italian seasoning, salt, pepper and parsley to crumbs in bag. Squish around in bag until crumbs start to cling to the meat.
3. Place the cup with the minced onions in a microwave for 10 seconds or until the cup is just warm. Aim to just loosen up the onions, not cook them. Stir garlic (and pepper flakes) into the onions then add to bag, pushing garlic/onions into the meat.

4. Crack egg into your oily cup and scramble with a fork. Pour mixed up egg into bag. Seal and work the bag, squishing all ingredients until they cling together and look well mixed. If mixture feels too soft to shape, add more breadcrumbs. If too tight, add a bit of olive oil.
5. Shape mixture into a large ball, remove from bag, and begin dividing it, rolling meatballs with your oiled hands. If kids are helping, give them small balls to roll.
6. Place shaped balls on oiled sheetpan, spaced at least an inch apart. Bake 5 to 10 minutes, turn, bake another 5, turn, repeating until meatballs are fairly browned all over.
7. To serve or reheat: Lower meatballs with a spoon into simmering sauce. While pasta boils, the meatballs will heat through.
8. Serve over cooked De Cecco Spaghetti with freshly grated dry cheese.