

# MEATBALL - POLPETTA

## INGREDIENTS

1. 2 Pounds ground beef 80/20
2. 1 Pound bulk Italian Sausage
3. 3 Large eggs
4. 2 Cups shredded 2 day old bread
5. 1 Cup finely chopped Italian Parsley
6. 3/4 Cup dried bread crumbs
7. 3/4 Grated Parmesan
8. 1 Tablespoon Granulated Onion
9. 2 Tablespoon Dried Oregano
10. 3 Teaspoons Kosher Salt
11. 1 Teaspoon Ground Pepper



AUNT LENA



## INSTRUCTIONS

1. In a large work bowl add ground beef and bulk sausage, chop up with wooden spoon prior to adding the rest.
2. Add in eggs, shredded bread, bread-crumbs, Parsley, Parmesan, onion, Oregano, salt and pepper.
3. Donning a pair of surgical gloves, get in there and mix, mix... and mix some more, until you get a nice consistent loaf.
4. Line a rimmed baking sheet with parchment paper or foil and preheat oven to 425.
5. TAKE A SMALL AMOUNT OF THE MIXTURE AND SAUTE TO CHECK FOR TASTE... VERY IMPORTANT...!
6. Use a scoop - 2oz, or something to measure each portion of the mixture evenly, I find 2oz is perfect... you need to focus on uniformity here so you get a consistent cook. Roll each ball in your hand to get a nicely rounded sphere. If you have someone to help its a good idea cause you're making 50 balls.
7. Place the balls 1/2 inch apart in nice even rows and bake for 17 minutes... no more, no less.
8. "Every body in the pool" gently place the balls in a nice pot of low simmering Marinara sauce for at least 45 minutes.

Mangia la Faccia