



CS Italian Meatballs

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Categories: Meatballs

Description: Very good housemade meatballs.

Suggested Wine: Any good Tuscan red, including a Chianti.

Yield: 18 1" meatballs

Servings: 7

Serving Ideas: Serve with pasta or in a Meatball Sandwich with Marinara.

Cooking Time: 30 minutes Start to Finish Time: 2 hours

Preparation Time: 1 hour 30 minutes

Ingredients

1 lb Ground Beef, lean
1 lb Ground Pork
1/4 lb Italian Sausage,
removed from casing,
optional
6 lg cloves Garlic,
minced
1 T dry Oregano
1/4 c Flat Leaf Parsley,
finely chopped
1/4 c Pecorino Romano,
grated + more for
garnish
1 t Celtic Sea Salt
1/4 c Pine Nuts, dry
toasted
1/4 c Raisins
3 lg Eggs, beaten
1 T Heavy Cream
3/4 c fresh Bread Crumbs

Directions

- 1) Dry toast the pine nuts to a golden brown over med heat. Do not burn. Set aside to cool.
- 2) Beat the eggs with the cream. Set aside.
- 3) In a large bowl, combine all ingredients. Thoroughly mix by hand to combine all ingredients. Place covered in the refrigerator for 1 hour to let flavors marry.
- 4) Heat the oven to 325°F.
- 5) Using an ice cream scoop, shape the meat mixture into 1" meatballs and space them evenly on a baking sheet. Bake for 25 to 30 minutes. The meatballs will be firm but still juicy and gently yielding when they're cooked through.
- 6) Serve the meatballs 3 to a person with a healthy helping of CS Marinara or spaghetti with CS Marinara, and hit everybody's portion with a fluffy mountain of grated, or shaved, Pecorino Romano.
- 7) At this point, if you are not using them all immediately, cool the meatballs and hold them in the refrigerator for as long as a couple of days or freeze them for the future.