

PRIME BEEF MEATBALLS

Yield: 4-6 Servings

INGREDIENTS

- 1 cup breadcrumbs
- 5 large eggs
- 1 cup whole milk
- 1 cup pecorino romano, grated
- 1 Tbsp. garlic puree
- 1 cup Italian parsley, chopped
- 1 cup Spanish onions, minced
- 1 cup + 3 Tbsp. olive oil
- 1 Tbsp. fine sea salt
- 1 Tbsp. black pepper, freshly ground
- 2 lbs. ground angus beef
- 2 cups pomodoro sauce
- 2 cups tomato juice

METHOD

1. Preheat the oven to 350° F.
2. Mince the onions. Place a heavy bottom skillet over medium heat. Add the cup of olive oil and sweat the onions until soft and translucent, about 5-7 minutes. Remove from heat and cool slightly.
3. In a large bowl, add bread crumbs, eggs, onions, milk, cheese, garlic, parsley, salt, and pepper and stir to combine.
4. Add the ground angus beef to the bread crumb mixture. Gently combine with your hands until just mixed (*over mixing will toughen meatballs*).
5. Scoop up about ¼ cup meat mixture to form balls and smooth each ball by rolling in cupped hands. Arrange meatballs on a lined baking sheet.
6. Chill meatballs in the refrigerator for at least one hour.



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7. Once chilled, sear meatballs in a heavy bottomed skillet in olive oil until a crust has formed on all sides, about 4 minutes.
8. Transfer the meatballs into a baking dish and top with the pomodoro and tomato juice.
9. Place the baking dish into the oven and bake for 45 minutes or until the meatballs reach 165° F.
10. Remove from the oven and allow to cool for 5 minutes. Garnish with a sprinkle of pecorino romano and serve immediately.

