



Sal's Famous Meatballs

FOR THE MEATBALLS:

1/3 pound ground veal
1/3 pound ground pork
1/3 pound ground beef
1 slice white sandwich bread, torn
3/4 cup milk
1 egg
2/3 cup freshly grated Parmesan,
plus more for garnish
1/3 cup freshly grated pecorino
2 Tbsp chopped fresh flat-leaf parsley,
plus more for garnish

2 tsp kosher salt
1/4 tsp freshly ground pepper
1 small clove garlic, minced
1/2 cup AP flour
2 Tbsp grapeseed oil

FOR THE SAUCE:

1 32oz can San Marzano tomatoes
2 cloves garlic, crushed
1 tsp red pepper flakes
1 bunch basil, chopped
1/4 cup olive oil

MAKE THE MEATBALLS:

1. Combine the veal, pork, beef, bread, milk, egg, Parmesan, pecorino, parsley, salt, pepper, and garlic in a stand mixer fitted with the flat blade. Mix on medium-low speed for 1 minute.
2. Scoop out 1/8 cup portions of the mixture and roll them between your hands into balls about the size of a golf ball. The meat will be soft, so don't compress it too much. Put the flour in a bowl and toss the meatballs in the flour as you work.
3. Heat the grapeseed oil over medium heat in a large skillet and, working in batches, add the floured meatballs, cooking them until golden brown all over, 8 to 10 minutes total. the internal temperature should be about 155°F.
4. Divide the meatballs among plates; sprinkle with Parmesan and parsley. Makes about 20 1oz meatballs.

MAKE THE SAUCE:

1. Heat oil and garlic in a large, heavy-bottomed pan until garlic is lightly browned.
2. Crush tomatoes by hand and add to the oil. Simmer for 20 minutes.
3. Add basil, chili flakes, and simmer for 2 minutes.
4. Add the seared meatballs and simmer for 20 minutes until meatballs are just cooked.