



EST. 1980



PAIRS
WELL WITH:
ZINFANDEL

ITALIAN MEATBALLS WITH TOMATO SAUCE

Makes about twenty 1½-inch meatballs

TOMATO SAUCE

Makes about 3 cups

Heat in a large skillet over medium heat:

2 tablespoons olive oil

Add:

1 small onion, finely chopped

1 small carrot, finely chopped

1 small celery rib with leaves, finely chopped

Cover, reduce the heat to low, and cook, stirring occasionally, until the vegetables are very soft, about 15 minutes. Add and cook, stirring, for 30 seconds:

2 garlic cloves, minced

1 tablespoon chopped basil, rosemary, sage, or thyme

Stir in:

2 pounds fresh plum or Roma tomatoes, peeled and coarsely chopped or one 28-ounce can whole tomatoes

½ cup sun-dried tomatoes, soaked in boiling water until soft, and finely chopped

2 teaspoons tomato paste

¾ teaspoon salt, or to taste

¼ teaspoon black pepper, or to taste

Simmer, uncovered, crushing the tomatoes with a potato masher or a wooden spoon to break them up, until the sauce is thickened, 15 to 20 minutes. Pass through a food mill for a smooth sauce.

MEATBALLS

Bring tomato sauce to a low simmer, cover, and have at the ready.

Combine in a large bowl:

1 pound ground beef, half ground beef and ground pork, or 12 ounces lean ground beef and 4 ounces hot or mild Italian sausage, removed from its castings

2 garlic cloves, minced

½ cup chopped parsley

½ cup grated Parmesan (2 ounces)

1 medium onion, finely chopped

½ cup bread crumbs

1 large egg, beaten





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3 tablespoons dry red wine

2 tablespoons tomato paste

1 teaspoon salt

¼ teaspoon black pepper

½ teaspoon dried oregano

Mix with your hands. Scoop out the mixture in heaping tablespoons and form into 1½-inch balls.

Dredge the meatballs in:

½ cup flour

Heat in a large skillet over medium heat:

¼ inch olive or vegetable oil

When the oil shimmers, fry the meatballs in uncrowded batches, turning them several times so that they brown evenly. As the meatballs finish browning, transfer them to the warmed tomato sauce, if using. If not serving with a sauce, place the browned meatballs in a baking dish and transfer to oven to keep warm.

