

Patty's Southern Italian Meatballs "Polpettini"

Ingredients:

1 lb. lean Ground Beef
1 lb. Ground Pork
2 large Eggs
1 cup freshly grated Pecorino Romano Cheese
2 tbsp. chopped fresh Italian Parsley
2 cloves grated Garlic
2 cups Italian Bread Crumbs*
2 cups lukewarm Water
Salt & freshly ground Black Pepper, to taste
1 cup good quality Olive Oil

Directions:

Place meat in a large bowl. Add eggs, cheese, parsley, garlic, salt and pepper. Use your hands to combine (don't overwork the meat or it will be tough). Blend the bread crumbs into the mix. Slowly add water and lightly blend. (mix will be quite moist)

Form into 2 -2 ½ inch balls.

Heat oil in a large non-stick skillet over medium-medium high heat.

Oil should be quite hot, but not smoking.

Fry meatballs in batches, don't over-crowd the pan. When the bottom half is very brown, turn over to cook the top half.

Resist the urge to keep turning them. Remove from pan and drain on brown bags. Add to your favorite simmering sauce.

Delicious served on their own...great for parties...or with your favorite macaroni.

Makes about 25 Meatballs

*You can make bread crumbs ahead of time. Use a hand grater or a food processor to grate day-old Italian Bread, and store tightly covered, refrigerated for up to 3 days.