



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

Meatballs Parmigiana

Preheat oven 375°F

1 lb ground veal
1 lb ground pork
2 eggs
½ c Italian dried breadcrumbs
½ c chopped flat parsley
1 tablespoons sea salt
2 teaspoons chopped garlic
1 medium onions, finely chopped
2 tablespoons fresh rosemary, chopped
1 teaspoon dried red chili flakes
1 teaspoon freshly ground pepper
4 slices firm white bread, crusts removed
½ c whole milk

Marinara Sauce - [click on link for recipe](#)
Shredded mozzarella to sprinkle on top

Cut the bread into 1 inch pieces...

Place in a bowl and add milk - let sit 10 minutes until milk is absorbed.

In a separate large mixing bowl, mix meats together with the eggs - use your hands

Add the bread/milk mixture, bread crumbs, parsley, salt, garlic, onion, fennel and pepper...mix well but gently

Using a large ice cream scoop, place meatballs on an oiled baking sheet

Roast 40 minutes

While meatballs are roasting, [click on my link](#) and prepare the marinara sauce.

When the meatballs are done cooking, place them in an oven to table casserole.

Pour sauce over top and sprinkle liberally with shredded mozzarella.

Place in oven until sauce is bubbly and cheese is melted and slightly golden.

THE LOVE: The most important thing is to not over work the meat. Use a GENTLE touch.