

## Classic Mediterranean Meatballs

Servings: 8

### INGREDIENTS

- 1 lb Chef's Line™ angus chopped beef, bulk
- 1 lb sweet Italian sausage, bulk
- 2 ea garlic cloves, minced
- 2 ea eggs
- 1 c Romano cheese, freshly grated
- 1 ½ T Italian flat leaf parsley, chopped
- tt salt and ground black pepper
- 2 c stale bread, crumbled
- 1 ¼ c water, lukewarm
- 1 c olive oil
- 1 c creamy polenta (see below)
- 4 oz veal demi glace (see right)

### PREPARATION

In large bowl, combine beef and sausage. Add garlic, eggs, cheese, parsley, salt and pepper. Blend in bread crumbs. Slowly add water ½ c at a time. (The mixture should be moist yet still hold its shape when rolled into meatballs.) Shape into meatballs. In large skillet, heat olive oil. Fry meatballs in batches. When meatballs are brown and slightly crisp, remove from heat and drain on a paper towel. (If your mixture is too wet, cover the meatballs while they are cooking so they hold their shape better.) To plate, add a layer of veal demi glace, then polenta and top with 3 meatballs.



### Veal Demi Glace

#### INGREDIENTS

- 2 lb plum tomatoes, ripe
- 2 ea garlic cloves, peeled and halved lengthwise
- 6 T extra virgin olive oil
- 2 ea lemons, fresh squeezed for juice
- ¾ t red pepper flakes, hot
- ½ t salt

#### PREPARATION

Cut an X in bottom of each tomato. In large pot of boiling water, blanch tomatoes for 10 seconds. Using a slotted spoon, immediately transfer tomatoes to an ice bath to cool, then peel, seed and chop. In small, heavy pot, cook garlic in oil over medium heat, stirring occasionally until golden, for 3 to 5 minutes. Add tomatoes, lemon juice, pepper flakes and salt; simmer, covered, stirring occasionally, for 1 hour. Season with salt.

CONTINUED ON BACK





---

## Classic Mediterranean Meatballs

Servings: 8

---

### Creamy Polenta

#### INGREDIENTS

- 4 c water
- 1 t salt
- 1 c polenta (not quick-cooking) or 5 oz yellow cornmeal

#### PREPARATION

In 4-qt heavy pot, bring water and salt to boil. Add polenta in a thin stream, whisking. Cook over moderate heat, whisking, for 2 minutes. Reduce heat to low and simmer polenta, covered, stirring for 1 minute after every 10 minutes of cooking, for 45 minutes total. Remove from heat and serve warm.