THE PHOTOGRAPHER'S KITCHEN

JERRY'S ITALIAN STYLE MEAT BALLS
2007 – Jerry Bell

Recipe makes about 12 to 15 golf ball sized meat balls
This recipe can be easily doubled for a larger crowd.
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Ingredients:

½ lb ground beef
½ lb Italian sausage
¼ cup Italian bread crumbs
1 egg
¼ cup marinara sauce
¼ cup Parmesan cheese (A Parmesan / Romano mixture is acceptable)
1 tsp minced garlic
½ tsp garlic powder
1 tsp. Parsley flakes
½ tsp Basil
½ tsp Oregano
½ tsp Salt
¼ tsp Pepper
¼ cup olive oil

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Mix all the dry ingredients together in a small mixing bowl. Hold to the side
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Put the hamburger, sausage, marinara and egg into a large mixing bowl. Mix by hand until thoroughly blended. Don't be too fussy here as there's more mixing to come.

Add the dry mixture a little at a time while continuing to mix. We're adding the dry stuff slowly so it will get evenly distributed into the mixture. Mix thoroughly.

Form the mixture into meatballs.

Drizzle the olive oil into a fry pan. Set on medium heat. When the oil begins to shimmer, add the meatballs and brown them slowly, turning often, and give the pan a good shake from time to time. Don't cook too many meatballs at the same time. They won't stay round or brown well when crowded together.

If you're trying to stay away from oil you can bake them in a preheated 400 degree oven for 10 minutes per side. They won't be quite as crispy on the outside but nobody will ever know but you.

Add them to your sauce and let them simmer for at least 20 minutes before serving over your choice of pasta.