



Grandma Faye's Meatballs

Chef Tony Priolo's family favorite combines 3 different meats

- 1 cup diced bread, crust removed (I used sourdough bread)
- 1/2 cup milk or plant milk
- 1 onion, peeled, chopped
- 1 Tablespoon olive oil
- 1 onion, peeled, chopped
- 1-1/2 pounds ground meat (chuck, pork, veal)
- 1 cup grated Parmesan cheese
- 1/4 cup chopped Italian parsley
- 2 eggs
- 1 teaspoon sea salt
- 1/4 teaspoon ground black pepper
- Panko breadcrumbs as needed
- 2 Tablespoons avocado or olive oil as needed
- Italian Flavored Tomato Sauce as desired
- Garnish: grated Parmesan cheese; chopped fresh parsley, toasted breadcrumbs

- In a small bowl, combine diced bread and milk; toss to coat; set aside until the bread is softened and milk is absorbed.
 - In a warm skillet, coat with olive oil; add onions; sauté until golden brown. Set aside to cool.
 - In a large bowl, lightly combine the different types of meat; add onion, Parmesan cheese, parsley, eggs, soaked bread cubes, salt, and black pepper.; Mix to combine ingredients for meatballs. Set aside for 10 minutes.
 - Preheat oven to 350 degrees F.
 - Place breadcrumbs in shallow dish.
 - Using a scooper, form meat into 2 ounce sized round meatballs or make them into any size desired.
 - Roll each meatball in breadcrumbs covering meat completely.
 - In a cast iron pan, add about 1 to 2 Tablespoons avocado oil to cover bottom of pan.; brown meatballs on all sides.
 - Remove meat balls from skillet, place on baking pan with rim; bake for about 8 minutes in 350-degree F. oven.
 - Remove from oven; let stand to rest. Place on sauce covered platter; garnish with sprinkle of Parmesan cheese and chopped parsley.
 - We crushed some garlic croutons and sprinkled the outside of the sauce with some crunchy crouton breadcrumbs; serve with pasta as a meal or alone as an appetizer.
- Yield: about 24 meatballs

Note: I added onions to the recipe and prepared half of the original recipe. Since I mixed in an additional egg, I didn't need to wet my hands when I rolled the meatballs in breadcrumbs.

Recipe Inspired by: Chef Tony Priolo – Executive Chef and Co-Owner of Piccolo Sogno in Chicago.

About the Recipe: Italian meatballs are one of our favorite comfort foods and are popular to serve in any season. They can be used as main dishes, in sandwiches, or even appetizers. This family recipe uses three different meats and infuses them with an Italian blend of cheese and parsley. The breadcrumb coating on the outside adds to that irresistible crunch that we are sure your guests will love.