

Polpette – Italian Meatballs

Ingredients	Preparation
<p>1 lb Ground beef, pork or a mix of the two ½ cup Grated Pecorino, Rodez, or Parmigiano Reggiano cheese 1 teaspoon garlic paste ¼ cup minced fresh parsley 2 eggs, beaten Salt and Pepper, to taste Frying Oil, as needed <u>Organic EVOO</u>, for dipping</p> <p>Suggested Wine Pairings: <u>Wines of Domus Hortae in Puglia</u></p> <p>and <u>Wines of Febo in Abruzzo</u></p>	<ol style="list-style-type: none"> 1. In a large bowl, mix together meat(s), grated cheese of choice, garlic, parsley, eggs, and salt and pepper. Begin to roll equally sized balls and set aside. 2. In a pan, begin to heat your oil. There should be enough to cover your meatballs when submerged. When hot, gently place your meatballs in the oil. Gently stir occasionally to make sure the meatballs do not stick to the bottom or sides and cook evenly. 3. When well browned, remove from the oil with a slotted spoon and set on paper towels to soak up any excess oil. Serve hot right away with an extra grating of cheese or drizzle of evoo for garnish.

This recipe is courtesy of Vero Friends, Mimma and Venturina from Puglia, Italy.

Variations for this recipe

Air Fryer: You can choose to make them in an air fryer for about 5-10 minutes at 350° (depending on how big you make them).

Less Frying Oil: If you want to use less oil, you can use half the recommended amount, but you must be much more diligent in flipping and tending to the meatballs to ensure they are evenly browned and cooked.

Vegetarian: This recipe can also be made vegetarian by swapping the ground meat for bread, as used in [this meatless meatball recipe](#) from Abruzzo.

Usually served as an appetizer in Puglia, they can also be served as an entrée with sides such as mashed potatoes. When served as an entrée, you can create a [fresh tomato sauce](#) to serve over them. Contrary to Italo-American culture, in Italy, meatballs are not traditionally served with pasta.

