# Nonna's Meatballs

*Recipe from the author Angela Calabrese*

In *Year of the Meatball*, Joey loves his family's Italian food, especially Nonna's meatballs. Do you like to cook? Try your hand at this recipe for meatballs—just how Nonna made them.

## SUPPLIES TO GATHER:

Large mixing bowl, small bowl, whisk, wooden spoon

Parchment paper or aluminum foil

A baking tray

Olive oil to grease the pan

## INGREDIENTS:

1 pound ground meat (Tip: What's tastiest is a combo of ground beef, veal, and pork.)

2 eggs

3 cloves of garlic, pressed in a garlic press or minced finely (Tip: Be careful!)
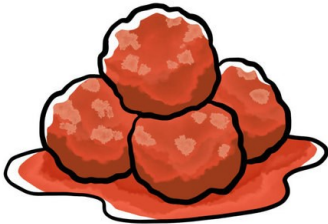
1 teaspoon dried basil

1/3 cup Pecorino Romano cheese, grated

1 cup flavored Italian bread crumbs (Tip: 4C is a good brand.)

1/2 cup water

Salt to taste (About a teaspoon)

## DIRECTIONS:

1. Preheat the oven to 375°

2. Wash your hands and gather the ingredients

3. In a large bowl, whisk eggs. Then add the grated cheese, garlic, and basil. Add the ground meat and mix well.

4. In a small bowl, add the bread crumbs to the water. Let it sit for a few minutes, then add it to the big bowl. Add salt.

5. Mix thoroughly (Tip: You can use a wooden spoon, but hands work best!)

6. Using your hands, take small amounts of the meat mixture and roll it into meatballs. Small meatballs are about an inch in diameter but you can make them bigger. (Tip: They should all be the same size so they cook evenly.)

7. Place meatballs on a parchment lined baking tray that has been lightly greased with olive oil.

8. Bake one side for 12 minutes, then flip the meatballs and bake another 12 minutes. (Tip: If you like them crisp, broil them an additional 3 minutes on each side.)

Depending on size, this recipe makes about 20-25 meatballs. Eat plain, or serve over pasta with your favorite sauce.

## ENJOY!