ANGELA PALLADINO'S MEATBALLS

Prepared: August 2016 by Dave Eckert

Makes 12 meatballs

1 pound ground beef round

2 eggs, lightly beaten

1/3 cup chopped Italian (flat-leaf) parsley

3 slices American white bread (crusts removed), soaked in 2 cups milk

2 tablespoons freshly grated Romano cheese

2 tablespoons freshly grated parmesan cheese

Freshly ground black pepper, to taste

1 cup safflower oil, for frying

In a large bowl, mix together the beef, eggs, and parsley. Gently squeeze the milk from the bred and shred it as you add it to the meat mixture. Add the cheeses and pepper. Form the meat mixture into 12 balls. Place on a baking sheet and refrigerate for 15 minutes.

Heat a large heavy skillet over medium heat. Add the oil. When hot, add the meatballs and cook, turning, until browned on all sides, about 10 minutes. If you plan to eat them right away, cook until cooked through, 10 minutes more. If you plan to add the meatballs to a sauce, remove them from the pan with a slotted spoon and add to the saucepot. Cook for 15 minutes more before serving.

Cooks Notes :