

CHICKEN PARMESAN BALLS

Prepared by: Brad Patton, June 2017

Source: EveryDay Cook

Serves 4

3 ounces panko bread crumbs
4 ounces Parmesan cheese, grated
1 ½ pounds ground chicken
1 large egg, lightly beaten
2 tablespoons herb oil (recipe follows)
1 tablespoon dried basil
2 teaspoons garlic powder
2 teaspoons dried parsley
1 teaspoon dried oregano
1 teaspoon kosher salt
Weeknight Spaghetti sauce (recipe follows)
4 ounces low-moisture mozzarella cheese, grated

Heat the oven to 400 F.

Mix together ½ ounce of the panko with 1 ounce of the Parmesan in a small bowl. Set aside.

Combine the chicken, egg, 1 tablespoon of the herb oil, the remaining 2 ½ ounces panko, the remaining 3 ounces Parmesan, the basil, garlic powder, parsley, oregano and salt in a large bowl. Using your hands, gently combine until just incorporated, trying not to overwork the meat.

Divide the meatball mixture into 28 golf ball-size rounds (1 ounce each) and roll them in the panko mixture.

Heat the remaining 1 tablespoon herb oil over medium heat in a 12-inch oven safe skillet. Brown the meatballs in the herb oil, about 30 seconds on each side, working in batches if needed to avoid crowding the pan. Remove the browned meatballs from the pan and make the spaghetti sauce.

Add the meatballs back to the pan, cover with grated mozzarella and bake until the meatballs are cooked through, about 10 minutes, and the cheese is melted. Serve over cooked pasta or on top of crispy bread.

Herb Oil

16 ounces extra-virgin olive oil
6 large garlic cloves, crushed
3 thyme sprigs
10 basil leaves
1 teaspoon red pepper flakes

Combine the olive oil, garlic, thyme, rosemary, basil and red pepper flakes in a narrow saucepan over medium heat. As the heat builds, there will be considerable bubbling as the water cooks out of the garlic and herbs. When this dies down and the basil and garlic turn brown, kill the heat and let the mixture steep until cool. Strain the oil into a jar and toss the solids. Use immediately or cover tightly and freeze for later use.

Weeknight Spaghetti sauce

3 tablespoons herb oil (recipe above)
1 28-ounce can whole San Marzano tomatoes, drained
1 teaspoon kosher salt
1 or 2 white anchovies
2 tablespoons (1/4 stick) unsalted butter
Parmesan cheese

Heat 3 tablespoons of the herb oil in a wide saute pan over medium heat. Add the tomatoes and salt to the pan, and cook for 5 to 7 minutes, breaking up the tomatoes as they soften, using a wooden spatula or an old school potato masher.

Reduce the heat, stir in the anchovies and cook for another 5 minutes, or until the anchovies completely vanish from view.

Finish with the butter and Parmesan. If the sauce seems to dry, add ¼ cup of pasta water.

Brad's Notes: Not enough panko and parmesan. I would make this again.

