

POLPETTINI (YUMMY LITTLE MEATBALLS)

Prepared by: Nancy Kenner, April 2018

Source: Cook Like A Rock Star

Extra virgin olive oil
3 onions, cut into ¼-inch dice
Kosher salt
3 cloves garlic, smashed and finely chopped
½ pound ground beef
½ pound ground veal
½ pound ground pork
3 tablespoons finely chopped fresh rosemary
¾ cup freshly grated Parmigiano
½ cup bread crumbs
3 large eggs
2 cups chicken stock

Coat a large sauté pan with olive oil and bring to medium heat. Add the onions, season with salt, and cook until soft and very aromatic, 8 to 10 minutes. Add the garlic and cook for 2 to 3 more minutes. Remove from the heat and cool. Transfer the onions to a large bowl and add the beef, veal, pork, rosemary, Parmigiano, ¼ cup water, bread crumbs, and eggs; season generously with salt. Use your hands to combine everything well- it's squishy and fun! The mixture should be pretty loosey-goosey, so add 1 to 2 tablespoons more water if needed.

Before cooking all the polpettini, make a 1- to 2-inch tester patty. In a small sauté pan, heat a bit of oil and cook the patty; when it's cooked enough, taste it to make sure it's delicious- if it's not, reseason. When the tester tastes fabulous, roll the mixture into 1-inch balls.

Coat a large sauté pan with olive oil and bring it to high heat. Working in batches so you don't overcrowd the pan, cook the polpettini until brown on all sides, then add ½ cup of the chicken stock and cook until the stock has reduced by half, 2 to 3 minutes. Remove the polpettini and reserve in a warm spot. Repeat this process until all the polpettini are cooked. Stick them with rosemary toothpicks to serve.

Nancy's Notes: I would make these again but use less onion. They were good!

