

SAN DIEGO RESTAURANT WEEK

RECIPES

Housemade Meatballs

Courtesy of Farmer's Bottega

- 1 pound 100% natural ground beef
- 2 cup parmesan cheese
- 2 cup bread crumbs
- 2 tablespoon chopped white onion
- 2 tablespoon chopped Italian parsley
- 2 each whole eggs
- pinch kosher salt
- pinch fresh ground black pepper
- 1 cup olive oil
- 2 tablespoon chopped garlic
- 5 cup tomato sauce
- 3 cup red cooking wine (any)
- 1 tablespoon chili flakes
- ½ cup Basil chopped

Preparation

1. In a large mixing bowl add ground beef, parmesan cheese, bread crumbs, onion, parsley, eggs, salt, pepper and mix together using your hands.
2. Using a 3-ounce ice cream scoop, scoop mix into round portions.
3. Heat olive oil in a large nonstick sauté pan, add meatballs and sear.
4. In same sauté pan, add garlic and cook until golden brown.
5. Add red wine, tomato sauce, basil and chili flakes to sauté pan.
6. Allow meatballs to cook in low heat.
7. Remove meatballs and serve with toasted bread.

