

# NONNA'S MEATBALLS



*By Food lovers recipes*

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Baie lekker, sappige frikkadelle – word nie vooraf in olie gebraai nie, slegs in sous gaar gemaak.

Napoletana Sauce:

50 ml olive oil

$\frac{1}{2}$  onion roughly chopped

2 cloves of garlic, roughly chopped

salt and pepper

500 ml tomato passata or tinned tomatoes (optional add tomato paste for extra flavour)

chopped bacon, optional

Fry onion in oil, add garlic and bacon when onion is almost done so it doesn't burn.

Add rest, bubble slowly until nice and thick. I prefer to make double the sauce.

Meatballs:

100 g bread, crust removed

150 ml milk

1 tsp olive oil

$\frac{1}{4}$  onion finely chopped

1 clove garlic, finely chopped

20 g chopped flat leaf parsley

200 g pork mince plus 200 g beef mince – I use 400 g pork mince only

50 g grated Parmesan (not the powdered dust)

100 g grated Mozzarella

1 t salt pinch pepper

Fry onion until soft, set aside to cool.

Soak bread in milk to soak for couple of minutes. Squeeze out excess milk and discard (or add to the Napoletana sauce)

Knead together by hand until well combined. Add egg and mix until mixture binds together.

Divide mixture and roll into even sized balls. (I prefer about squash ball size)

Place meatballs into simmering sauce and simmer, until meatballs are cooked through.

Turn meatballs halfway through the process – about 15 – 25 minutes depending on size.

If sauce begins to dry out, add 1/4 cup water as required.

Serve in small bowls with lots of the sauce. Grate extra Parmesan over – serve with garlic bread or pasta.

Can be frozen after cooked – cover with a lot of sauce. Put in Ziploc bag to prevent freezer burn.

Recipe posted by Petro Borchard

Photo: Ek het hierdie weer gister bedien van gevriesde weergawes. In plaas van die sous in die resep, het ek die nuwe geblikte sheba “Boerie Relish” gebruik – dis heerlik en vinnig. Ek het net ekstra basil by gesit.