



Mighty Meatballs in Marinara

NIBBLEDISH CONTRIBUTOR

Ingredients

Marinara ----- - olive oil - 2 cans of cut or crushed tomatoes - 100g or so of tomato paste - 4-6 cloves of garlic - 1 onion - 1/2 - 3/4 cup dry white wine - button mushrooms - tomato paste - laurel/ bay leaves - basil - oregano - parsley - red pepper flakes - about a teaspoon of sugar - 1 bouillon cube Meatballs ----- - 4-5 cloves minced garlic - 1/2 onion minced - about 500 grams of ground chicken, beef, and pork mixed - 1 egg - a handful of panko breadcrumbs (all I had - normal breadcrumbs are fine) - basil - oregano - parsley - a heavy sprinkling of parmesan cheese - salt and pepper

Instructions

It'd been a real long time since I'd had meatballs so I decided to do a little experimenting with the round juicy things and they turned out fantastic so thought I'd share. The above shows a picture of it before coating fully with marinara and cheese so you can see the meatballs in all their glory. The marinara turned out to be one of the best I've made so decided to toss in the recipe for that as well. **The Marinara** 1. Pour a healthy amount of olive oil into a pan - enough to cover it and then a dollop more - and heat up. Saute the garlic and onions until translucent. Next add in the mushrooms and cook until the aroma starts come out. 2. Pour the tomatoes and the tomato paste in and bring to a boil. Once at a low boil add in the white wine, herbs, seasonings, bouillon, and sugar. Simmer at least a half hour adjusting for taste. **The Meatballs** 1. Heat up a frying pan with a little olive oil. Combine all the ingredients and mix well being careful not to overmix. 2. You can test flavor by frying a little in a hot pan. When it suites your taste take a small handful of meat and cup your hands to make a ball shape. Don't compress too hard, but just enough so it keeps its shape. 3. Place the meatballs in the hot oil cooking each side until it's a nice brown color and then place into an oven safe dish where the bottom has been coated with marinara. 4. Ladel marinara over the meatballs and sprinkle some mozzarella or parmesan cheese. Bake 5-10 minutes in an oven at about 180 degrees Celcius or until the insides are cooked to your liking.