
Meatball Recipe

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Nettles Island Cooking in Paradise - 2014

1 pound ground beef
1 pound ground veal
1/2 pound pork or meatloaf mix
2 large eggs
1 cup Parmesan cheese (Pecorino or just Parmesan)
1 1/2 tablespoons chopped parsley
2 cloves garlic, minced
2 cups Italian bread crumbs
salt
pepper
1 cup warm water
16 ounces Ricotta cheese
olive oil

In a bowl, mix the beef, veal, pork, eggs, Parmesan, parsley, garlic, bread crumbs, salt, pepper and water. Mix well. Roll the mixture into balls. With your hands, break open the meatball and make a well.

Insert a rounded teaspoon of Ricotta into the meatball. Close it back up and roll again.

In a skillet, partially fry the meatballs in some olive oil, carefully turning them and watching closely while they cook.

Meatballs

Per Serving (excluding unknown items): 3890 Calories; 226g Fat (53.2% calories from fat); 262g Protein; 186g Carbohydrate; 10g Dietary Fiber; 1414mg Cholesterol; 7574mg Sodium. Exchanges: 11 Grain(Starch); 32 Lean Meat; 1/2 Vegetable; 27 1/2 Fat.