



Sugar Apple

Posts From The Caribbean

Spaghetti and Meatballs

Meatballs

2 pounds ground beef
1 pound ground pork
Soft white breadcrumbs made from 4 slices white bread
1/4 cup dry breadcrumbs
2 large eggs, beaten
3/4 cup grated Parmesan cheese
2 large cloves garlic, grated or finely minced
1/4 cup finely chopped fresh parsley
a grating of fresh nutmeg, about 1/4 teaspoon
1 teaspoon salt
1/2 teaspoon ground black pepper
1 cup warm water

Olive oil and cooking oil for frying the meatballs

Sauce

2 tablespoons olive oil
1 medium onion, finely chopped
2 cloves garlic, finely minced
1 cup dry red wine
2 28-ounce cans crushed tomatoes (use 3 cans if you like lots of sauce)
1 bay leaf
2 tablespoons finely chopped fresh parsley
1 teaspoon dried red pepper flakes
1 teaspoon salt
freshly ground black pepper to taste

For Serving

Spaghetti
Parmesan Cheese

To make the meatballs, put all the meatball ingredients (down to the water) in a large bowl. Mix with your hands until all the ingredients are well-incorporated. Form the

meat mixture into meatballs. I make quite large ones, about 2 1/2 to 3 inches in diameter and I got 14 meatballs from this recipe. You can make smaller meatballs if you'd rather.

Put equal parts olive oil and cooking oil in a large frying pan (non-stick is useful here). The combined oils should come to a depth of about 1/4 inch. Heat the oil over medium-high heat until it's hot and fry the meatballs in batches. Don't overcrowd the pan or they'll steam instead of frying. Fry until they're golden brown on all sides. You may need to adjust the heat as necessary so the meatballs don't get overly brown and crusty.

When all the meatballs have been fried, empty the oil from the frying pan but don't wipe the pan out. Put the pan back on the stove over medium heat. Add the olive oil and when it's warm, gently cook the onions until they're soft. Don't let them brown. Add the garlic and cook for another minute. Add the red wine to the pan and turn the heat to high. Let the wine boil until it's reduced so there's only about a quarter of it left. Add the tomatoes, bay leaf, parsley, red pepper flakes, salt and pepper. Stir everything together and add the meatballs, turning them to make sure they're well-coated with sauce. Bring the sauce to a simmer, reduce the heat to low and cook, covered for 1 hour.

Serve the meatballs and sauce over spaghetti and pass the Parmesan cheese. Or you could go more Italian and serve the spaghetti tossed with some of the sauce as a pasta course and then serve the meatballs as a secondi. I was terribly un-Italian and served my spaghetti with the meatballs on top and a side of broccoli braised in olive oil with garlic and red pepper flakes. Yes, on the same plate. So sue me, it was good.

A word about serving amounts here - as I said above, I got 14 rather large meatballs out of this recipe and I served half of them with 1 pound of spaghetti. I found that one meatball was plenty to satisfy me. Audrey ate 2, Bones had 3 and I saved one for Audrey's school lunch the next day. That left seven meatballs that I've frozen for another meal. If you're serving a large crowd, make 2 pounds of spaghetti and serve with all of the meatballs.

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