

Damien Gerardo MEATBALLS: First Place

Ingredients:

1 lbs Ground Beef

2 extra large Eggs

1 tsp Salt

½ tsp Black Pepper

½ tsp Garlic Powder

1 cup plain Breadcrumbs

2 tablespoon of milk

½ cup Pecorino Romano Cheese, grated (or Parmesan)

½ cup fresh Parsley, chopped

Oil for Frying along with 2 cloves Garlic

Directions:

Day 1:

1. Mix ingredients together and shape into the size of ping pong balls.
2. Cover the bottom of a large frying pan with 3 tablespoons or more depending on size of the pan. Add two cloves of garlic to the oil and place on medium heat.
3. Fry about 6 at a time on top of the stove in oil with garlic cloves for 10 minutes.
4. Transfer the meatballs to a cookie sheet and place in the oven and bake for 15 minutes at 400 degrees.
5. Remove from the oven and let cool, then place in containers and refrigerate.

Salmaan Haider Easy Italian Meatballs Second Place

Ingredient List: These are the Ingredients I will need to make meatballs in class.

- 1 lb 80% lean ground beef
- 1/2 lb ground medium italian sausage
- 3/4 cup italian seasoned breadcrumbs
- 1/4 cup parmesan/romano cheese
- 1/4 cup milk
- 1/2 teaspoon pepper
- 1/2 teaspoon worcestershire sauce
- 1 egg
- 1/4 cup onion, chopped
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried parsley
- 1/2 teaspoon garlic, minced

Directions:

Preheat the oven to 400F.

Mix all ingredients together well using your hands

Shape into 15-20 meatballs

Place the meatballs on a non-stick foil lined cookie sheet and bake for 20-25 minutes, until the juices run clear.

Gabriela Amoroso family recipe Italian Meatballs Third Place

Ingredient List:

1 1/2 lbs ground meat (1 lbs beef and 1/2 lbs pork)
2 medium eggs
3/4 cup soft breadcrumbs
1/4 cup chopped fresh parsley
1/2 cup freshly grated parmesan or Romano cheese
1 large garlic clove, finely chopped
salt and pepper
3 tablespoons of olive oil to fry

Directions:

1. combine all the ingredients in a large bowl. Toss gently with your hands until the meat has become thoroughly blended with all the seasonings . The mixture should be fairly moist.
2. To form the meatballs, wet your hands in a small bowl of lukewarm water and then pick up about 1/3 cup of the meatball mixture. Roll it in the palm of your hands to form a smooth ball about 2 1/2 inches in diameter.
3. Fry in approximately 3 tablespoons of olive oil on medium heat for about five minutes, turning to brown evenly. Drop them into gently boiling tomato sauce as they are browned.
Meatballs take 20 minutes to cook well.