

Polpette



INGREDIENTS

- 1 kg. ground chuck steak (beef)
- 250 gr. ground pork
- 2 Cups Italian-flavoured bread crumbs
- 4 Eggs
- 1 Cup milk
- 1 Cup fresh parsley chopped
- 1/2 Cup grated cheese
- 1 Tablespoon olive oil
- 2 Garlic cloves chopped very fine
- 1/2 Cup pignoli (pine nuts)

Preparation

Place all ingredients in a large bowl and mix thoroughly. Let stand 1/2 hour. Shape into medium size meatballs. Fry gently in olive oil until lightly browned, or place on foil on a cookie sheet and bake for 1/2 hour at 350 degrees. Gently place in your own hot spaghetti sauce and cook on medium-low heat for 1 hour.