



Meatballs

Serves 4, about twelve 2 oz. meatballs.

Prep time 25 minutes | Cooking time 15 minutes.

Double the batch and freeze additional uncooked meatballs for up to 6 months.

Meatballs

- 2 TB fine breadcrumbs
- 5 oz milk
- 1 lb ground beef
- 1 shallot minced
- 2 garlic cloves minced
- 1 egg
- 1 tsp salt
- ½ tsp pepper
- 2 TB fresh basil chiffonade
- 1 TB fresh oregano chopped
- ½ cup TB grated parmesan
- 1 TB olive oil

1. Pre heat oven to 400°F convection.
2. In a small bowl, add breadcrumbs and pour in just enough milk to cover. Place aside to soak. Strain excess milk.
3. Add 2 TB olive oil to frying pan and add shallots, 2 cloves minced garlic. Cook until translucent and soft, about 3 minutes then set aside to cool completely.
4. Add all ingredients to a medium sized bowl and combine with hands. Do not over work.
5. Using a kitchen scale, measure out 2 oz and roll in to a meatball. Place on parchment lined cookie sheet.
6. Cook for 12 minutes, or until internal temperature reaches 165°F.
7. If you plan to add these to a sauce, you can stop cooking in the oven at 9 minutes and finish in the sauce.