



Italian-Style Turkey Meatballs

WHY THIS RECIPE WORKS

Our turkey meatballs rival those made from beef or pork, thanks to a few test kitchen tricks. We start with 93 or 85 percent lean turkey; the 99 percent lean type didn’t have enough fat to create a palatable meatball. Next, we add an egg and fresh bread crumbs (instead of a panade, which made the meatballs too wet) to help bind the meat. We also add a small amount of unflavored gelatin, which mitigates graininess by trapping moisture and giving the meatballs a juicy mouthfeel. To boost meaty flavor, we add glutamate-rich ingredients such as Parmesan cheese, anchovies, tomato paste, or rehydrated dried shiitake mushrooms.



INGREDIENTS	INSTRUCTIONS	SERVES 4 TO 6
<div><div>1 cup chicken broth</div><div><div>1/2 ounce dried shiitake mushrooms</div><div>2 slices hearty white sandwich bread, torn into 1-inch pieces</div><div>1 ounce Parmesan cheese, grated (1/2 cup), plus extra for serving</div></div></div>	<div>Serve with spaghetti.</div> <div><div>1. Microwave broth and mushrooms in covered bowl until steaming, about 1 minute. Let sit until softened, about 5 minutes. Drain mushrooms in fine-mesh strainer and reserve liquid.</div><div>2. Pulse bread in food processor until finely ground, 10 to 15 pulses; transfer bread crumbs to large bowl (do not wash processor bowl). Add Parmesan, parsley, gelatin, 1 teaspoon salt, and 1/4 teaspoon pepper to bowl with bread crumbs and mix until thoroughly combined. Pulse mushrooms and half of</div></div>	

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| 1 tablespoon chopped fresh parsley | anchovies in food processor until chopped fine, 10 to 15 pulses. Add mushroom mixture, turkey, egg, and half of garlic to bowl with bread-crumb mixture and mix with your hands until thoroughly combined. Divide mixture into 16 portions (about 1/4 cup each). Using your hands, roll each portion into ball; transfer meatballs to plate and refrigerate for 15 minutes. |
| 1 1/2 teaspoons unflavored gelatin | |
| Salt and pepper | |
| 4 anchovy fillets, rinsed, patted dry, and minced | 3. Pulse tomatoes and their juice in food processor to coarse puree, 10 to 15 pulses. Combine oregano, pepper flakes, remaining anchovies, remaining garlic, and 1/4 teaspoon pepper in small bowl; set aside. |
| 1 1/2 pounds 85 or 93 percent lean ground turkey | |
| 1 large egg, lightly beaten | 4. Heat oil in 12-inch nonstick skillet over medium-high heat until shimmering. Add meatballs and cook until well browned all over, 5 to 7 minutes. Transfer meatballs to paper towel-lined plate, leaving fat in skillet. |
| 4 garlic cloves, minced | |
| 1 (14.5-ounce) can whole peeled tomatoes | 5. Add reserved anchovy mixture to skillet and cook, stirring constantly, until fragrant, about 30 seconds. Increase heat to high; stir in tomato paste, reserved mushroom liquid, and pureed tomatoes; and bring to simmer. Return meatballs to skillet, reduce heat to medium-low, cover, and cook until meatballs register 160 degrees, 12 to 15 minutes, turning meatballs once. Transfer meatballs to platter, increase heat to high, and simmer sauce until slightly thickened, 3 to 5 minutes. Stir in basil and season with sugar, salt, and pepper to taste. Pour sauce over meatballs and serve, passing extra Parmesan separately. |
| 1/2 teaspoon dried oregano | |
| 1/8 teaspoon red pepper flakes | |
| 3 tablespoons extra-virgin olive oil | |
| 2 tablespoons tomato paste | |
| 1/4 cup chopped fresh basil | |
| sugar | |