

Meatballs

Serves 4 to 9

The shaped meatballs can be covered with plastic wrap and refrigerated for several hours ahead of serving time. If you like, Fry the meatballs and make the sauce at the last minute.

2 slices white sandwich bread (crusts discarded), torn into small pieces. Put it in the oven to dry a little.

1/2 cup of buttermilk/milk or 6 tablespoons plain yogurt thinned with 2 tablespoons whole milk

1 lbs ground meat (preferably 3/4 lbs ground chuck & 1/4 lbs ground pork)

1/4 cup freshly grated Parmesan cheese

2 tablespoons finely minced fresh parsley leaves

1 large egg yolk

1 teaspoon minced garlic

3/4 teaspoon salt

Ground black pepper