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- **GO THROUGH INGREDIENTS, INSTRUCTIONS**
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NonVeg

Meat balls

British Cuisine

30 minutes

Prep Time

4

Servings

Video Tutorial



How to make crunchy meat balls...

Good Food

Ingredients

14

- 1 pound ground beef
- ½ pound ground veal
- ½ pound ground pork
- 1 cup freshly grated Romano cheese
- 2 eggs
- 2 cloves garlic, minced
- 1 ½ tablespoons chopped Italian flat leaf parsley
- salt and ground black pepper to taste
- 2 cups stale Italian bread, crumbled
- 1 ½ cups lukewarm water

Instructions

6

- Gather all ingredients.
- Combine beef, veal, and pork in a large bowl. Mix in cheese, eggs, garlic, parsley, salt, and pepper.
- Add bread crumbs and slowly mix in water, 1/2 cup at a time, until mixture is moist but still holds its shape (I usually use about 1 1/4 cups of water); shape into meatballs.
- Heat olive oil in a large skillet; add meatballs in batches and cook until browned on all sides, slightly crisp, and cooked through, about 10 to 15 minutes. Drain on paper towels.
- Cook the meatballs in batches, making sure you don't crowd the pan. It should take about 20 minutes, give or take, for the meatballs to be perfectly crisp and cooked through.
- Test their temperature first to be sure they're done (an instant-read thermometer inserted into the middle of the meatball should read at least 165 degrees F).

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