



## INGREDIENTS:

1 Pound Veal  
 1 Pound Beef  
 1 Pound Pork  
 2 Large Eggs  
 Black Pepper and Kosher Salt,  
 To Taste  
 1 Tbsp. Garlic Powder  
 2 Cups Finely Chopped Fresh  
 Italian Parsley  
 2 Cups Parmigiano Reggiano  
 Cheese  
 1 Cup Italian-Style Progresso  
 Breadcrumbs  
 1 Loaf of Day-Old Italian Bread  
 2 Cups of Milk  
 Vegetable Oil

## DIRECTIONS:

1. Mix the ground meat together in a bowl.
2. Crack two large eggs into another bowl and whisk them together. Pour the eggs into the meat mixture.
3. Add the pepper, salt, garlic powder, parsley, cheese and bread crumbs.
4. Get a loaf of day-old Italian bread and break it into small pieces. Soak the bread in milk until it's soft, and then squeeze all the water out. Add the bread to the meat mixture and mix everything together.
5. Roll the meat into 4 ounce balls, or whatever size you like. One of my grandmothers made hers big, the other one made hers small.
6. Fill a deep pan half-way with vegetable oil and make sure the oil is hot before adding the meatballs. To test the oil, take a small piece of meat from the meatball and throw it in the oil. If the meat begins to fry, it's ready to go.
7. Working in batches, brown the meatballs for three minutes on one side and then three minutes on the other side. Remove and serve with a salad of Romaine, cucumber, red onion, cherry tomatoes, imported Italian wine vinegar, EVOO and ricotta.

**COOKING**  
**SKILLS**  
**ACADEMY**