

Chef John's Italian Meatballs

*Recipe By:*Chef John

"Homemade meatballs are a very easy to make, and since we skip the very messy step of pan-frying these before they hit the sauce, it becomes downright simple. Here I use a standard half-beef/half-pork mixture. You can substitute water or beef broth for the milk, if preferred."

Ingredients

* 1/3 cup plain bread crumbs
* 1/2 cup milk
* 2 tablespoons olive oil
* 1 onion, diced
* 1 pound ground beef
* 1 pound ground pork
* 2 eggs

1/4 bunch fresh parsley, chopped

* 3 cloves garlic, crushed
* 2 teaspoons salt
* 1 teaspoon ground black pepper
* 1/2 teaspoon red pepper flakes
* 1 teaspoon dried Italian herb seasoning
* 2 tablespoons grated Parmesan cheese

Directions

Cover a baking sheet with foil and spray lightly with cooking spray.

1. Soak bread crumbs in milk in a small bowl for 20 minutes.
2. Heat olive oil in a skillet over medium heat. Cook and stir onions in hot oil until translucent, about 20 minutes.
3. Mix beef and pork together in a large bowl. Stir onions, bread crumb mixture, eggs, parsley, garlic, salt, black pepper, red pepper flakes, Italian herb seasoning, and Parmesan cheese into meat mixture with a rubber spatula until combined. Cover and refrigerate for about one hour.
4. Preheat an oven to 425 degrees F (220 degrees C).
5. Using wet hands, form meat mixture into balls about 1 1/2 inches in diameter. Arrange onto prepared baking sheet.
6. Bake in the preheated oven until browned and cooked through, 15 to 20 minutes.