Pomì
O Così. O Pomì.

Veal Meatballs with Tomato and White Wine Sauce



Preparation time: 45 min
Difficulty: Easy

Meatballs

- Bread Crumbs (not seasoned): 1 cup + 2 tablespoons
- Finely chopped Parsley: 1 tablespoon
- Ground Parmigiano: ½ cup
- Ground Veal: 1 lb
- Olive Oil: 2 tablespoons
- Salt and Pepper: to taste
- Shallot finely chopped: 1 tablespoon
- Yolk: 1 egg

Sauce

- Dry white wine: ½ cup
- Finely chopped Parsley for finishing: 2 tablespoons
- Freshly grated Pecorino for finishing: 1/3 cup
- Hot pepper flakes: 1 tablespoon
- Olive Oil: 2 tablespoons
- Salt and Pepper: to taste
- White Onion: 1

Preparation

In a bowl large enough to contain all ingredients, mix together ground veal, Parmesan, egg yolk, shallot, parsley and 2 tbsp. of breadcrumbs. Stir with a wooden spoon (or your hands) until all ingredients are evenly distributed, then roll walnut-size meatballs and rest them on a large platter or cutting board.

Pour 1 cup of breadcrumbs in a small container like a cereal bowl and one by one coat all the meatballs and return them to their platter.

In a large non-stick pan, on a medium-high flame, heat 2 tbsp. of olive oil, and then gently place the meatballs to sauté. Use tongs you are comfortable with, and sear the meat on all sides, add a touch of olive oil if necessary. Once browned and crispy, but not cooked through, remove them from the pan and rest them on a clean platter.

Without cleaning the pan, add 2 tbsp. of olive oil and on a medium-high flame sauté the white onion until golden, then add the hot pepper flakes, stir briefly then add the white wine. Use a wooden spoon to deglaze the bottom of the pan, make sure you scrape any bits attached to the bottom and once the wine start simmering reduce the flame a touch. Cook for about 3-5 minutes until sauce is reduced to a third, and then add the Pomi tomatoes, season to taste with salt and pepper and mix well.

Bring to a gentle simmer and cook for about 15 minutes making sure the sauce does not thicken too much. If that happens, add a half-cup of warm water or vegetable broth if available. Add the meatballs to the sauce, carefully stir them around making sure they all get covered with sauce, and on a low flame cook ingredients together for another 10 to 15 minutes.

Serve them with a slice of bread in small bowls or plates, garnish with chopped parsley and a light sprinkle of pecorino.

Prep Time: 15 min – Cook Time: 30 min

For this recipe we used:

Finely Chopped tomatoes 1 box

