



Meatball Salad Recipe
Goodfellas Restaurant
Executive Owner Gennaro Iannaccone

Recipe Ingredients:

- 1/2 pound of ground beef
- 1/2 pound of ground veal
- 1/2 pound of ground pork
- 1 cup of stale Italian bread (no crust)
- 1/2 cup of water
- 1/2 cup of milk
- 1 egg
- 1/2 cup of coarsely chopped parsley leaves (no stems)
- 1/2 cup grated Parmigiano Reggiano cheese
- 1 teaspoon of salt
- 1 teaspoon of freshly ground black pepper
- 3 cups of vegetable oil

Recipe Instructions:

1. Coarsely chop parsley, set aside and allow to dry.
2. Slice bread into 1/2-inch pieces, add water and milk.
3. Mash with hands until smooth. The bread should have a firm but doughy texture.
4. Add beef, veal, pork, salt, pepper and bread.
5. Lightly knead until all ingredients are thoroughly mixed (don't over work the meat).
6. In a separate bowl, combine the egg, cheese and parsley.
7. Add this mixture to the meat.
8. Lightly knead again until all ingredients are well combined.
9. Divide the mixture into golf ball-sized balls using a circular motion between both hands until they are round and firm.
10. In a frying pan, heat the vegetable oil to 325 °F.
11. Gently place the meatballs in the oil and cook in batches.
12. When the meatballs are light brown in color, flip them over and cook until brown on the other side.
13. Add the meatballs to simmering Goodfellas Sunday Sauce (or your favorite red sauce).
14. Serve meatballs over iceberg lettuce simply dressed with lemon, extra virgin olive oil, salt & pepper. Enjoy!

***Note: If you have any questions about the recipe, email Dave McCoart at mccoartd@gmail.com.**