

BC MEATBALLS WITH PASTA & TOMATO SAUCE

 *Yields:*
6 - 8 portions

INGREDIENTS

¼ cup	Olive Oil	60 ml
2	BC Onions, medium, small dice	2
8 cloves	BC Garlic, minced	8 cloves
1 tsp	Red Chili Flakes	5 ml
4 slices	Day-Old Bread, torn into small pieces	4 slices
1 cup	BC Milk	250 ml
1lb	BC Pork, ground	454g
1lb	BC Beef, ground	454 g
2	BC Eggs	2
½ cup	BC Parmesan Cheese, shredded	125 ml
½ cup	Bread Crumbs, regular or panko	125 ml
1 tbsp	Kosher Salt	15 ml
1 tbsp	Black Pepper, ground	15 ml
3 tbsp	Fresh BC Basil, sliced chiffonade style	45 ml
3 tbsp	Fresh BC Parsley, minced	45 ml
1 tbsp	Fresh BC Oregano leaves, chopped	15 ml
5 cups	Canned Tomatoes, pureed and strained	1200 ml*
1 lb	Spaghetti Pasta, dried	454 g



DIRECTIONS

1. Place torn bread into a bowl and add the BC Milk. Be sure that all the bread is covered. Set aside to soak.
2. Heat olive oil in a large sauce pot.

3. Sauté the BC Onion and BC garlic over medium heat until onions are translucent.
4. Add red chili flakes and sauté for 30 seconds longer.
5. Place half of the mixture in a bowl and place in the refrigerator to cool.
6. To the remainder of the onion mixture still in the pot, add the tomatoes and bring to a boil.
7. Season with salt and pepper. Reduce heat, cover and simmer for 20 minutes.
8. Meanwhile, in a mixing bowl, add BC Pork, BC Beef, BC Eggs, BC Parmesan Cheese, breadcrumbs, salt, pepper, and cooled onion mixture. Squeeze excess milk from the bread and add as well.
9. Mix, using your hands until completely combined.
10. Add the fresh BC Parsley, BC Basil, and BC Oregano, and mix until just combined.
11. Form the meatballs into desired sizes. (I like to use a portion scoop for this).
12. Heat more olive oil in a frying pan and brown the meatballs (they will still be raw in the centre but will have a great flavour from the caramelization).
13. Add the seared meatballs to the simmering sauce, cover and simmer for 20 minutes longer. This will not only cook the meatball in your flavourful sauce but will also flavour your sauce with all of the meatballs ingredients.
14. Bring a pot of salted water to a boil and cook your pasta according to the package directions.
15. Serve and enjoy.



CHEF'S TIP

*or fresh BC Tomatoes, peeled, chopped into quarters, cooled and strained.