

DELIA SCHIZZANO'S --

Polpette Al Forno(Baked Meatballs)

Ingredients

3lbs of ground meat
2 eggs
1 cup of breadcrumbs
1/4 cup of ketchup
1/4 cup of Worcestershire sauce
1/2 cup of grated parmesan cheese
small yellow onion finely chopped
1 tablespoon of dry basil, oregano, parsley
1/2 teaspoon of garlic powder, salt, and pepper
1 teaspoon of tain (optional)

Preparation:

Prepare oven at 400 F Baking time: 18-20 minutes.

In a large bowl place ground meat and make a well in the center. Put eggs, ketchup, Worcestershire sauce and mix together.

Combined all dry herbs, cheese, and 1/2 of breadcrumbs with the mixture.

Continue to add breadcrumbs until the mixture is fairly moist and can be rolled into 1-inch balls.

Place in a baking sheet keeping them 1/2 inch apart.

Check them after 10 minutes of baking and turn them over. Continue to bake for another 10 minutes.

Place them in your favorite sauce for 10 minutes before serving ..