

Italian-American

Main Courses

Sunday Gravy Italian-American Meatballs in Marinara

Prep: 25m

Cook: 60m

Total: 85m

6 servings



COOKING SEQUENCE & CHECKPOINTS

- 1

Hydrate the Panade

5 min

In a small bowl, soak torn white bread in whole milk for 5 minutes. Mash with fingers into a smooth paste.
✓ Checkpoint: Milky, soft bread paste.
- 2

Gentle Hand Mix

6 min

In a large bowl, combine beef, pork, bread panade, grated Pecorino, eggs, garlic, parsley, salt, and black pepper. Lightly toss with fingertips.
✓ Checkpoint: Light, aerated meatball mixture.
- 3

Form & Brown

10 min

Gently roll into golf-ball-sized rounds (about 12 to 14 meatballs). Brown in olive oil over medium heat for 8 minutes, turning until crusty on all sides.
✓ Checkpoint: Seared, caramelized exterior.
- 4

Slow Braise in Sauce

45 min

Transfer browned meatballs into gently bubbling marinara sauce. Simmer partially covered on low for 45 minutes until yielding and tender.
✓ Checkpoint: Mouthwatering, tender meatballs bathed in deep red sauce.

FOOD SAFETY & INTERNAL TEMPERATURE: 160°F (71°C) USDA SAFE MINIMUM INTERNAL TEMPERATURE FOR GROUND BEEF AND PORK
USDA Food Safety Minimum (≥160°F / 71°C): Ground beef and ground pork must be cooked to an internal temperature of at least 160°F (71°C) verified with an instant-read thermometer—never judge safety by color or juiciness alone—because grinding distributes surface bacteria throughout the meat.

MASTER DONENESS CHECKPOINT:
Pillow-soft meatballs that surrender effortlessly to a spoon, soaked in a fragrant, slow-simmered tomato sauce.

MISE EN PLACE / INGREDIENTS

[12]

☐ 1 lb Ground chuck beef (80/20)

☐ 0.5 lb Ground pork

☐ 3 thick slices Crustless white sandwich bread, torn into pieces

☐ 0.5 cup Whole milk (to soak bread panade)

☐ 0.75 cup Finely grated Pecorino Romano cheese (Locatelli)

☐ 2 units Large eggs, lightly beaten

☐ 4 cloves Fresh garlic cloves, minced or grated into a paste

☐ 0.25 cup Fresh flat-leaf parsley, finely chopped

☐ 2 tbsp Extra-virgin olive oil (for browning meatballs)

☐ 1.5 tsp Kosher salt

☐ 1 tsp Freshly ground black pepper

☐ 4 cups Slow-simmered San Marzano marinara sauce

US SUPERMARKET BRAND GUIDE

San Marzano Whole Tomatoes: Cento Certified San Marzano Whole Peeled Tomatoes

Sun-drenched volcanic soil sweetness that produces rich gravy without added sugar. • 📍 Canned tomato section.