



# RECIPES

## from the Market

### Chef Jonathan Goldsmith's Recipe for Polpette Napoletana (Meatballs and Red Sauce)

Chef and Owner Jonathon Goldsmith of Spacca Napoli Pizzeria, 1769 W. Sunnyside, Chicago hosted March's "Dine Around the Market." Chef prepared his signature Polpette Napoletana (Meatballs and Red Sauce).

**Meatballs: Makes twelve 1 1/2 inch meatballs, serves 4 to 6**

- Two cups dried crustless bread (mollica) in 1-inch cubes (*Chicago Organics*)
- 1 1/4 pounds ground beef (80%lean) (*City Fresh*)
- 2 eggs, beaten to mix well (*Produce Express*)
- 2 large garlic cloves, finely minced (*City Fresh*)
- 1/2 cup loosely packed grated pecorino cheese (*Pastoral Artisan Cheese, Bread and Wine*)
- 1/4 cup loosely packed finely shredded parsley (*City Fresh*)
- 1/3 cup pine nuts (*City Fresh*)
- 1/3 cup raisins (*City Fresh*)
- 1 teaspoon salt (*City Fresh*)
- 1/2 teaspoon freshly ground black pepper (*City Fresh*)
- 1/4 cup vegetable oil (approximately) (*City Fresh*)
- Tomato sauce (Pummarulo - Neapolitan) one quart

**GAME PLAN:** Soak the bread in cold water until soft, a few minutes. Meanwhile, combine the beef, eggs, garlic, pecorino, parsley, pine nuts, raisins, salt and pepper in a large mixing bowl. DO NOT MIX YET.

Squeeze the bread using your fists to drain it, and then break it up with your fingers, adding it directly to the bowl. Mix the ingredients very well, squishing the mixture with your hands to make sure the bread blends with the meat. Don't worry about handling the meat too much. Roll the mixture between your palms into 12 meatballs, each using about 1/3 cup of meat. Heat about 1/8 inch of oil in a 9- to 10-inch skillet over medium-high heat. When the oil is hot enough to create bubbles around the handle of a wooden spoon, gently place the meatballs in the pan. As soon as a crust develops on one side, using two utensils (use a metal spatula and a wooden spoon), dislodge the meatballs and turn them to the other side. Continue rotating the meatballs. After about 10 minutes the meatballs should be well-browned but still lightly rare in the center. Place the meatballs in the sauce once they have browned and simmer gently for 15 minutes. They may be held, but are best when served immediately or within an hour.

**Pummarulo (tomato sauce) Ingredients:**

- 1 large garlic clove, lightly crushed (*City Fresh*)
- 2 tablespoons extra-virgin olive oil (*City Fresh*)
- 1 (28-ounce) can Italian peeled tomatoes with their juice (*Produce Express*)
- 1/2 teaspoon salt (*City Fresh*)
- A few turns of freshly ground black peppercorn (*City Fresh*)
- 2 to 3 fresh basil leaves, roughly torn (*Produce Express*)

**GAME PLAN:** Put the oil and garlic in a small skillet. Place over low heat and cook the garlic until it is tender and, at most, lightly colored. Remove the clove. Add the tomatoes. Use your hand to crush them onto the pan. Increase the heat so the tomatoes come to a simmer. Season with salt and crushed black pepper.