

# chattavore

SPAGHETTI & MEATBALLS (ADAPTED SLIGHTLY FROM THE AMERICA'S TEST KITCHEN COMPLETE TV SHOW COOKBOOK)

Prep time: 20 minutes

Cook time: 40 minutes

Serves 4-6

For the meatballs

- 2 ounces saltine crackers (about 15)
- 1/2 cup buttermilk
- 3/4 pound ground beef, 85% lean
- 1/4 pound ground pork
- 1/4 cup parmesan cheese
- 2 tablespoons parsley
- 1 egg yolk
- 1 garlic clove, minced
- 3/4 teaspoon salt
- 1/2 teaspoon ground black pepper
- vegetable or canola oil

For the sauce

- 2 tablespoons olive oil
- 1 garlic clove, minced
- 28 ounce can crushed tomatoes
- 1/4 cup chopped basil
- salt & pepper

12-16 ounces spaghetti

grated parmesan

1. Crush the crackers and place in a large bowl. Stir in the buttermilk and let the crumb mixture sit for about ten minutes. Add the remaining ingredients (except the oil) and use your hands to mix. You want to just combine the ingredients but not overmix.
2. Fill a large skillet (I used a 12-inch skillet) about 1/4 inch deep with oil. Heat over medium high heat. Roll the meat into 1 1/2 inch balls (I use a 1 1/2 inch scoop for this). I got 29 meatballs. Place half of the meatballs into the oil and cook, turning, until brown on all sides, about 6-8 minutes. Remove to a paper towel lined plate and repeat with remaining meatballs.
3. While you make the sauce, cook the pasta according to package directions.
4. Drain the oil from the pan. Set the pan back over medium heat and add the garlic. Cook just until fragrant-this will happen very quickly. Add the tomatoes and cook until thickened, about ten minutes. Add the basil and salt and pepper to taste. Add all of the meatballs into the sauce and cook, turning occasionally, for about five minutes.

5. Drain the pasta. Stir in a small amount of the sauce to coat the noodles then divide among the bowls. Top with meatballs, more sauce, and grated cheese.