Sausage Meatballs

This recipe blends store sausage with ground pork and fresh herbs to provide a lighter texture.

Ingredients:

- 2 slices hearty white bread
- 1/3 cup grated parmesan cheese
- 2 eggs
- 2 garlic cloves
- 1 tsp. fennel seeds
- 12 oz. mild Italian sausage
- 1/2 tsp. salt
- 1/4 tsp. baking soda
- 4 tsp. water
- 12 oz. ground pork
- 1/3 cup heavy cream
- 1 tsp. dried oregano
- 1/2 tsp. red pepper flakes
- 1/4 tsp. ground pepper
- See Marinara sauce recipe for accompanying sauce

Equipment

- **Mortar and pestle or clean coffee grinder**
- **Rimmed baking sheet**
- **Aluminum foil**
- **Food processor**

Sausage Meatballs:

☑	Directions	Time (min)	
	Preheat oven to 500 degrees		
	Remove crusts from 2 slices of hearty white bread. Cut into 1" chunks.	1	
	Grate 1/3 cup parmesan cheese	1	
	Separate 2 egg yolks. Reserve whites for another use.	1	
	Peel and mince 2 cloves of garlic	2	20
	Coarsely grind 1 tsp. fennel seeds	2	
	Remove sausage from casings and break into 1" pieces	1	
	Line baking sheet with aluminum foil. Spray rack with oil.	2	
	Dissolve salt and baking soda in water in a large bowl	1	
	Add ground pork to water, fold gently, let stand	9	
	In the food processor, pulse bread, cream, Parmesan, yolks, garlic, fennel, oregano, pepper flakes, ground pepper, to form a smooth paste—about ten pulses.	3	
	Scrape sides, add ground pork, pulse just to combine	1	
	Transfer half the pork mixture back to its bowl.	1	
	Add sausage to processor. Pulse 4 times	1	
	Transfer meat to bowl. Use hands to fold pork and sausage together. Do not overwork meat mixture.	2	
	Use hands to shape 24 meatballs. Do not compress.	5	
	Place meat balls on wire rack	2	
	Bake to brown meatballs.	7	
	Rotate pan. Bake until brown	8	
	Add to marinara sauce and finish cooking	10	
	Total	60	