

(Lunch date at her fave Italian restaurant in a secluded suburban mall Essex VT. Realized that this dish had been totally Muricanized. Her meatball recipe plus Joy Swedish and loaf recipes consulted.)

Meatballs

Remove crust from 2 slices white bread, soak well in scant amount milk, squeeze dry, makes a fistfull. Place in large mixing bowl with other ingredients.

1-1/2 lbs best ground beef

1-1/2 lbs ground pork

Large onion minced fine or cuisinarted but not to mush

2 eggs tossed with fork

Fresh ground pepper

Mix by hand. Should be fairly dry, easy to form balls, not wet or gooey.

Adjust. Spoon 1-1/2in. balls and form by hand.

Roll in flour. Set aside.

In 3qt. saute pan, preheat canola oil-olive mix 1/4in. deep.

Saute meatballs at medium-high heat, turn with spoon as necessary to brown well all sides. Remove to plate with paper towels.

Salsa Rossa (Spaghetti sauce light).

Prepare 3-quart saute pan, low heat. Slice thin 1 large yellow onion.

Add 3T+ olive oil. Add onion, cover pan. Saute onion at moderate heat, till clear and wilted (NOT brown).

Add large can Italian plum tomatoes (about 4C, sliced/cut with knife in can, then crushed with potato masher in pan for coarse pulp).

Add 1t red pepe rosso (flakes not ground).

Saute gently 10 min. (no salt or pepper).

Option. For thicker sauce, add large can Italian plum tomatoes crushed.

Adjust quantity of other ingredients. Do not used tomato paste, as this turns the flavor from light to heavy dark sundried tomato flavor.

Serve with regular spaghetti cooked al dente. Pour sauce over spaghetti, arrange meatballs on top. Fresh grind authentic Peccorino Romano if you must.

Wine. Discovery meal with \$25 primitivo (excellent). Every day suggest Citra Sangiovese (best cheap brand, \$9 1.5L bottle).

This Salsa Rossa is pure, light tomato, nothing added. A sauce of many uses.

Serve with pasta by itself, along with Breaded Veal Cutlets, Milanese or as sauce for Steak Pizzaiola. Freezes well. Save 2-cup chunks in freezer bag. Defrosts quickly at low heat in covered saucepan.

Meatballs freeze well in ziplock bag. Serve as hors d'oeuvre or with Greek mezza.