ITALIAN MEATBALLS

Time: 20 minutes

- 2 pounds ground beef
- 1 cup fresh bread crumbs
- ½ cup finely grated Parmesan
- 1 heaping tablespoon chopped fresh basil
- 1 heaping tablespoon chopped fresh parsley
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- ⅛ teaspoon ground cayenne pepper
- 2 cloves garlic, minced
- 2 eggs
- 3 tablespoons olive oil.

1. In a large bowl, mix all ingredients except olive oil by hand, using a light touch. Take a portion of meat in hand, and roll between palms to form a ball that is firmly packed but not compressed. Repeat, making each meatball about 2 inches in diameter.

2. In a large, heavy pot heat olive oil over medium-high heat. When it shimmers, add meatballs in batches. Do not crowd. Brown well on bottoms before turning, or meatballs will break apart. Continue cooking until browned all over. Remove meatballs to a plate as each batch is finished. Let meatballs cool slightly; cover and refrigerate until needed.

Yield: About 16 meatballs.