

# Spaghetti and Meatballs by The Meatball Shop in New York City

Serves 8

## Sauce

### Ingredients:

1/2 C extra-virgin olive oil  
1 large yellow onion, peeled, halved and diced  
3 medium cloves garlic, crushed  
2 t chopped fresh oregano or 1 t dry oregano  
1 bay leaf  
1 T tomato paste  
1 28-oz containers diced tomatoes, preferably *Pomi* brand  
1 t kosher salt

### Directions:

Heat the olive oil in a large skillet over medium heat.  
Add onion, garlic, oregano, and bay leaf.  
Cook, stirring often, until the onion is soft, 6-10 minutes.  
Add tomato paste and cook stirring constantly, until darkened, 3-4 minutes.  
Add the tomatoes and their juice and salt.  
Bring to a boil and then simmer over low heat, stirring frequently, until the sauce has reduced by about a third, 40-60 minutes.  
Remove the bay leaf and season to taste with salt.  
Keep warm, covered.  
(The sauce can also be refrigerated for up to 5 days, or frozen for 1 month.)

## Meatballs

### Ingredients:

1 T olive oil  
8 oz. ground pork  
6 oz. 80% lean ground beef  
6 oz. ground veal  
1 C coarse fresh white breadcrumbs  
1/2 C whole-milk ricotta  
2 large eggs  
2 T chopped fresh flat-leaf parsley  
1 T chopped fresh oregano or 1-1/2 t dry oregano  
1/2 t freshly ground fennel seed  
1/8 t crushed red pepper flakes  
2 t kosher salt

### Directions:

Position rack in center of oven and heat to 450 degrees.  
Coat bottom and sides of 8x8" baking dish with olive oil and set aside.  
Combine ground meats, breadcrumbs, ricotta, eggs, parsley, oregano, fennel seed, red pepper flakes, and salt in large bowl.  
Mix gently but thoroughly with your hands.

Divide meat into 16 golf-ball-size portions using a 2 oz, 2" diameter ice cream scoop or your hands.

Roll with wet hands to make them round.

Arrange the balls snugly in baking dish.

Bake meatballs until they register about 90 degrees on an instant-read thermometer and are firm to the touch - 10-12 minutes.

If you've made the tomato sauce ahead, heat it while the meatballs are cooking.

Remove meatballs from the oven and drain excess fat from the pan.

Ladle half of the sauce over them and return to the oven.

Continue baking until an instant-read thermometer reads 165 degrees - about 15 minutes.

(The meatballs can be refrigerated for up to 3 days or frozen for 2 weeks.)

### ***Pasta***

1-1/2 lb dried spaghetti

Bring large covered pot of well-salted water to rolling boil.

Add pasta and cook, stirring occasionally, for 2 minutes less than package timing for *al dente*.

Reserve 2 C of pasta water and drain.

Return pasta to pot and mix with the remaining sauce and cook over medium heat until the pasta is *al dente*, 2-3 minutes.

Add more pasta water if necessary, and season to taste with salt.

Transfer the spaghetti to a large heated serving bowl.

Top with meatballs and their sauce and serve.