



ROUSES Cooking Class with Rouses Chef Nino

October 2018

Down the Bayou Italian Meatballs

WHAT YOU WILL NEED

- 3 cups Rouses French bread, crust removed and torn or chopped into ½inch pieces
- 1 cup PET® brand evaporated milk
- 1 pound ground beef chuck
- 1 pound ground pork
- 1 pound ground veal
- 1 large egg, beaten
- 1/4 cup finely chopped onion
- 1 bunch freshly chopped Italian parsley
- 1 teaspoon ground oregano
- 1 cup parmesan cheese
- 1 cup fresh whole-milk ricotta cheese
- 1 teaspoon kosher salt, or to taste
- ½ teaspoon cracked black pepper
- 1/4 teaspoon granulated garlic

HOW TO PREP

- 1. Preheat oven to 400 degrees.
- 2. Place torn or chopped bread in a medium mixing bowl, and add evaporated milk to saturate it. Squeeze gently to remove excess milk.
- 3. Add beef, pork, veal, egg, garlic, onion, parsley, oregano, cheeses, salt and pepper. Mix until all ingredients are combined.
- 4. Form into meatballs, a little bit bigger than the size of golf balls. (Makes around 20.)
- 5. Place meatballs on greased cookie sheet, and place sheet in the preheated oven.
- 6. Bake for 30 minutes, or until golden brown.
- 7. When fully cooked, remove meatballs from oven and place them into large saucepan with Rouses pasta sauce. Simmer for 15-20 minutes. Serve over your favorite Rouses filled Pasta.