



Total Locals Club

Recipes for pairing with Total Locals
Club April 2012 Selections

www.tastelocalwines.com
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Spezzatino Di Carne – Meat Stew with Cheese Balls

Pair with Gunfighter Zinfandel 2009 and Atrea Old Soul 2007

Serves 6

Ingredients:

- 3 lb. mixture of pork, veal, lamb or beef, cubed
- ¼ c. extra virgin olive oil
- 1 large onion, sliced
- 16 oz. tomato sauce
- Salt & pepper to taste
- ¾ lb. grated Parmesan Reggiano
- 4 medium eggs
- Very fine breadcrumbs
- 2 Tbs. Fresh parsley, minced

Directions:

Place the meat in a heavy bottom pan, cook on high heat until all the liquid evaporates being careful not to crowd the pan. Add the oil, heat and add the onion. Sauté until brown, then add the tomato sauce. Fill the can ¾ full of water and add. Season with salt and pepper. Cover, reduce the heat and cook until the meat is tender, about 1 hour.

In a bowl beat the eggs slightly, add the cheese and mix. If the mixture is loose, add breadcrumbs. Form into balls and chill. When the meat is cooked, add the cheese balls around the edge of the pan.. Gently spoon sauce over the balls and cook 5 minutes. Sprinkle with parsley and serve.

