



# Total Locals Club

Recipes for pairing with Total Locals  
Club April 2015 Selections

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## Meatballs in Red Wine Sauce

*Makes about 30 meatballs. Pair with 2012 Peterson Sangiovese.*

### Meatballs:

- 3/4 cup whole milk
- 1/2 cup fine dried breadcrumbs
- 1/2 pound ground pork
- 1/2 pound ground beef, such as ground chuck
- 1/2 pound ground veal
- 1 teaspoon chunky kosher salt
- Freshly ground black pepper
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon cayenne
- 1/4 cup finely chopped Italian parsley
- About 2 tablespoons finely chopped fresh sage, from 1 small herb bunch
- 3/4 cups finely diced or grated yellow onion, from about 1 small yellow onion
- 2 large garlic cloves, finely minced or grated
- 1/3 cup grated Parmesan cheese
- 2 large eggs, beaten
- Olive oil

### Sauce:

- 1 small yellow onion
- 6 cloves garlic
- Olive oil
- 2 tablespoons tomato paste
- 2 cups red wine
- 1/2 teaspoon ground cumin
- 1/2 teaspoon kosher salt
- 2 cloves garlic finely chopped

### Meatballs

Pour the milk over the breadcrumbs in a small bowl. Stir them together and set them aside for at least 10 minutes for the crumbs to soften.

Mix the pork, beef, and veal together thoroughly in a large mixing bowl. Stir in the salt and a generous amount of black pepper, then add the smoked paprika and cayenne. Stir in the chopped parsley, sage, onion, garlic, and Parmesan. Mix with your hands until these are very thoroughly distributed through the meat.

Stir in the breadcrumbs and milk, as well as the eggs, and mix thoroughly.

Shape and cook the meatballs immediately, or refrigerate the meat for up to 24 hours. You can also freeze the meat (in one big lump or as shaped meatballs) in a sealed container for up to 3 months.

### Red Wine Sauce

Dice the onion and mince the garlic. Heat a large, deep sauté pan over medium high heat. (It should be large enough to hold the sauce ingredients, as well as most of the meat.) Sauté the onion and garlic in the olive oil until very soft — about 10 minutes, turning the heat down if necessary.

Stir in the tomato paste and fry for a minute or two, stirring until well-incorporated. Pour in the wine and broth and bring to a simmer, then add the tomatoes, salt, and a generous amount of black pepper. Place the rosemary sprig on top, bring to a simmer and cook for 30 to 60 minutes, covered. When the sauce has developed a deep, rich flavor, turn off the heat and puree with an immersion blender (or in a standing blender) until smooth.

### To Cook the Meatballs

Shape the meatballs into 1 1/2-inch balls. Place the raw meatballs into the pan of tomato sauce and bring it to a gentle simmer over medium heat. Cover the pan. Cook over low heat for at least 30 minutes, or until the meatballs are fully cooked through and no longer pink inside.

This makes for a very smooth, very tender meatball. If you want a little bit of crispiness to the meatballs in sauce, you can sear them or broil them briefly and then finish cooking them in the sauce.

