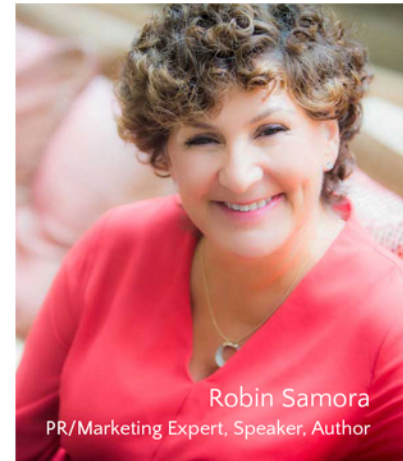


Making these meatballs brings me back to my roots, and my family loves them. It also puts me in the 'have a good time' mode and preps me for the holidays – enjoying friends and taking much needed time to celebrate 'like a Greek'! This recipe isn't complicated, but it does take a little time. Play some music, enjoy your favorite beverage and get ready to rock n' roll -- Greek style!

Ingredients:

1 pound good quality ground beef or ground sirloin (10% fat)
½ bunch of scallions, cleaned and stripped, roots cut off
4 cloves of garlic, chopped
3 pieces of crusty Italian, French or Tuscan Bread (no seeds)
¼ cup milk
1 egg
½ cup parsley
Salt and pepper
Olive oil and butter for fry pan
Red Wine Vinegar



In a cast iron pan, heat a tablespoon of olive oil and a tablespoon of lightly salted butter over medium heat. Swirl to coat the pan, but don't burn. Next, cut scallions to include all white portion and half of green.

Chop the saved part and add to the heated pan, along with the garlic and parsley. Soften this mixture, but don't overcook. It should be soft and wilted. In a separate bowl, soak bread and milk together. Make sure that the bread gets saturated with milk – for 15 minutes or so. Get another bowl and add 1 whole egg, ground beef, parsley/scallion/garlic mixture, and a dash of salt and pepper to your liking.

Add the soaked bread to the meat mixture, and knead to combine ingredients so that you can make meatballs easily. With a large spoon, measure meatball mixture in your hand and form to the size of a walnut. When you have 8 or more, return to the heated cast iron frying pan, and cook, shaking the pan to make sure all sides of the meatballs have been browned. If they look done, they're not. The next step is the secret. While you're shaking the cast iron skillet, put a few dashes of red wine vinegar on the hot meatballs, then sprinkle lightly with oregano.

Swirl and shake in pan in a chugga chugga fashion. Once the meatballs have soaked up the wine vinegar, and have bits of oregano on all sides, you should have a crowd in the kitchen. Remove the meatballs carefully to a plate lined with paper towels, and drain. Repeat for the remaining mixture, and enjoy!

Best served warm, but that's for you to decide.