

**Mark DeNittis –**

Il Mondo Vecchio – Salumi Denver, Colorado – Salumiere/President

Growing up in an Italian neighborhood in Worcester, MA “You could get into a fist fight over whose grandmother’s meatballs were the best”, Mark DeNittis of Il Mondo Vecchio –Salumi Denver, CO says. And of course that would be his Grammy Emma Ferraiuolo’s. “My grandmother watched me daily growing up while my mom and dad worked. I was her chef assistant especially for Sunday dinner with the family, testing the sauce and meatballs for doneness and quality control.

*Spotlight Denver Post Jan 2002*

**Grammy’s Sunday Sauce with Meatballs and Brasciola: Calabrese-American Style** Serves a bunch of family with enough for leftovers “you know what I’m sayin’”!

1 TBS olive oil (pommace is fine)

1 ea 28 ounce can whole peeled tomatoes

1 ea 28 ounce can crushed tomatoes

1 ea 28 ounce can tomato puree

6-10 garlic cloves

2 cups onions fine dice

1 cup red wine (burgundy) got to be the Gallo Jug!

Brasciola -See Recipe

Meatballs – See Recipe

Method of Preparation

Heat pan with a little oil over medium heat and sear the meatballs on all sides until browned, pull out and set aside. In the same pan, sear the brasciola on all sides until browned, pull out and set aside.

Add the onions and garlic until translucent; do not let brown. Deglaze the pan with the red wine and let simmer, stirring the for 5 minutes. Add the tomato products and bring to a boil then reduce to very low simmer. Add in the meatballs and brasciola; let simmer for four to five hours; skimming any fat that rises to the top “depoulliage”. Pull all the meat products out of the sauce set in a serving dish. Pull all the toothpicks out of the brasciola if used. Toss ¼ the sauce with 2 – 4 pounds of cavatelli or other favorite cooked pasta. Reserve the rest to serve on the side. Mangia!

**Grammy's Meatballs: Serves 8-10**

2 lbs Gound "Butcher's Blend Trinity" (equal parts Beef, Pork, Veal 85/15)

¼ Cup Bread Crumbs (no crusts)

¼ cup Grated Parmesan/Pecorino Cheese Blend

¼ cup Parsley, Chopped fine

1 TBS Garlic, Minced

2 Whole Eggs, Beaten

½ tsp Sea Salt

1 tsp Fresh Cracked Black Pepper

Method of Prep:

Mix all ingredients in bowl to incorporate well. Portion mixture into 2 inch balls. Set aside, keep refrigerated. In a hot shallow pan with small amount of oil sear the meat balls until lightly browned. Add into tomato sauce to simmer for 4 hours.

**Grammy's Braciolo: Serves 8 -10 People**

1 Pound beef top round, thinly sliced against the grain and pounded lightly

¼ cup minced garlic

¼ cup chopped parsley

Sea salt and cracked black pepper to taste

Mix together the parsley and garlic; set aside. Season both sides of the sliced beef with salt and pepper. Lay the sliced beef on a flat surface and place a thin layer of the parsley, garlic mixture on the beef. Roll up the sliced beef with the mixture inside, tie or truss the rolled beef with twine or tuck with a toothpick. Sear roulade in small amount of hot oil in pan for sauce.

## **Gramma DeNittis' Anyday Meat and Potatoes with Rosemary, Lemon and Garlic**

My Grandma DeNittis recently passed away peacefully in her home in early 2010, I was fortunate to have flown in the night before her passing. My homage to her that day was to cook what she cooked me growing up whenever I stayed with her. I quickly whipped this dish up from memory for 20 people. My grandmother DeNittis was a huge influence on my food tastes, fondly remembering the 50lb bag of flour on the table to make the "swimming pool" to start bread for the month as well numerous others to list.

¼ cup Olive Oil

1 lb Onion , Diced

10 Cloves Garlic, Sliced

1lbs Beef Chuck, Cubed 1"

1lbs Veal Chuck, Cubed 1"

1lbs Pork Boston Butt, Cubed 1"

4 each Lemons, Washed and quartered

4 Stems Fresh Rosemary

1 lbs Red or Yukon Potatoes (quartered held in cold water until time of cooking)

Sea Salt and Black Pepper to taste

Water

Method: In a heavy bottom pan heat the oil. Season all the meat with sea salt and cracked black pepper. Brown the beef; pull out set aside, brown the veal; pull out set aside; brown the pork; pull out set aside. In the bottom of the pan add in the onions and garlic; cook until translucent over medium heat. This will begin to lift the browned bits and pieces off the bottom of the pan "the fond" creating a flavorful dish. Add back in all the meats, cover with cold water, bring to boil, reduce to simmer. Simmer over low/medium heat until almost all liquid is gone. Cover the meat once again with cold water, bring to boil, reduce to simmer adding the potatoes and lemons. Allow to simmer until half liquid is gone, and potatoes are al dente. Add the rosemary to allow to simmer for another 10 minutes.

Adjust final seasoning with salt and pepper. Serve with braised broccoli rabe.