

PALMINA



Grilled Meatballs & Spaghetti paired with Dolcetto Santa Barbara County 2007

Serves six people

Meatballs

1¼lb ground turkey and 1¼ lb lean ground beef
(or use any combination of 2.5lbs ground meat)
1 large yellow onion, chopped
1 yellow & 1 red bell pepper, chopped
¾ cup breadcrumbs
¼ cup Parmigiano cheese, grated
salt & pepper
3 tablespoons olive oil
3 eggs, beaten

Sauce

2 lbs of Roma tomatoes
2 garlic cloves, chopped
3 tablespoons olive oil
1 teaspoon red chili pepper flakes
2 teaspoons dried oregano
1 glass Dolcetto, Santa Barbara County 2007
salt & pepper

1 package spaghetti
¼ cup Parmigiano cheese, grated



1. Heat your BBQ or grill to medium and oven to 450 degrees. Bring large pot of water to a boil, add salt and keep covered until needed.
2. Place the whole tomatoes on the BBQ and roast for about 20 minutes, until the skin is dry and peeling; turn frequently to avoid burning.
3. Mix all of the meatball ingredients in a large bowl. Roll the meatballs into 1½” balls and place on an oiled baking sheet, leaving space between the meatballs. Bake for 10 minutes, until lightly browned on all sides. Transfer to BBQ and grill, turning often to ensure even cooking. Cook until brown all the way through, but be careful not to overcook and dry out the meatballs.
4. In a large saucepan, sauté the chopped garlic and chili flakes in the olive oil over medium heat. Cook until garlic is browned, then add the tomatoes from the BBQ, mashing the tomatoes with a wooden spoon. Sprinkle in the oregano and then slowly stir in Dolcetto. Bring to a boil, then simmer for 20 minutes. Add the meatballs, coating them with the sauce and continuing to cook for another 5-10 minutes. Adjust seasoning.
5. Meanwhile add the pasta to boiling water and cook according to the package directions, making sure to cook it to al dente. When the pasta is cooked, ladle one large spoon of pasta water into the sauce and stir well. Drain the pasta and add directly to sauce and stir until all the pasta is fully covered with the sauce. Place in a large serving bowl, top with grated Parmigiano.