

Meatball Subs 2 Day Lab

¾ lb. of ground beef
¼ lb. of ground pork
1/3 medium onion, diced fine
1 clove of garlic, minced
1 tablespoon olive oil
1 teaspoon basil
1 teaspoon oregano
½ teaspoon salt
½ teaspoon ground black pepper
½ cup bread crumbs
1 egg, beaten
2 tablespoons milk

Day one

1. Preheat the oven to 350 degrees.
2. Heat olive oil in a small skillet until warm; add onion and sauté for two to three minutes until slightly translucent and soft. When onions are done, add the garlic and cook for one minute more, then remove from heat. Add your spices to the pan and stir for 30 seconds. (this will allow the natural oil in the spices to come out and flavor your dish) Allow mixture to cool slightly.
3. Place ground meats in a large bowl and break up slightly with a wooden spoon or your hands. Make a well in the center of the meat, pour milk into the center of the meat and lightly mix (this will make a more tender meatball).
4. Add your onion/spice mixture to the top of the meat but do not mix yet. Sprinkle on salt and pepper followed by bread crumbs and then beaten egg over the meat and mix completely. Lightly mix trying not to compress the meat mixture.
5. Portion meat into meatballs using the purple scoop. After you scoop out each portion, lightly roll each meatball in-between your hands to make a round shape. Place on the ½ sheet pan spacing them out to make room for air to circulate as they cook.
6. Place sheet pan in the oven and bake for 18 to 20 minutes.
7. When done baking, transfer the meatballs to the plastic Tupperware containers, label with tape, write your kitchen number and period on them and place them in the refrigerator until tomorrow.

Day 2

1. Remove meatballs from the oven. They have been heating in a pan at 250 degrees for 30 minutes.
2. Turn broiler to high heat
3. Get one sandwich roll per person
4. Open the rolls and place inside up on a baking sheet. Toast rolls under the broiler until golden brown. (remember to watch so they do not burn)
5. Remove rolls and place meatballs on the rolls.
6. Get 1 cup of mozzarella cheese per group and 1 cup of sauce per group.
7. Ladle some fresh sauce over the meatballs and then place cheese on them evenly.
8. Return to the oven for a minute or two to melt the cheese.
9. Take out and eat.
10. Clean up kitchens.