



### Week 15 Contents:

1 lb ramp linguini  
1 jar roasted cherry tomatoes  
1 lb berkshire pork, ground  
1 lb grassfed ground beef  
1 bag ramps  
1 dozen eggs  
1 bunch kale  
8 oz smoked gouda cheese  
1 quarter peck Cameo apples

### Meatballs

This is my favorite meatball recipe. It is from Chef Shane Solomon, Pizzeria Stella, Philadelphia. I found it on Esquire. You can see the full post here: <http://www.esquire.com/features/guy-food/meatball-recipe-1011> I use my own sauce that I make from heirloom tomatoes in the summer and freeze. Use your own favorite sauce.

Making a tender meatball relies on a few basic principles: First, there's *ratio*, and about 20 percent of the meat mix should be fat. In my restaurant — and this is a huge benefit of being a pizzeria — I can grind the end nubs of cured meats like prosciutto or sopressata to get fat and flavor at the same time. But at home, I use pancetta or nice smoky bacon. Quality matters because during the low, slow oven cooking, the fat flows out of the meatballs and goes right into the tomato sauce.

Then there's *shape*, and here you want to make sure to get all the air out as you form the meatball. For that I use an old-fashioned trigger ice-cream scoop. Firmly pack the meat into the scoop, pressing down on the flat side with your palm. Then use the spring trigger to release it, and roll it between your flattened palms into a ball. Of course, in between the mix and the shaping comes the *filler*, added for texture and to help retain shape. I go really easy — bread crumbs, salt, and pepper. A meatball should taste like meat.

Meat mix: 1 lb ground beef (80 percent lean/20 percent fat), 1 lb ground pork, 1 lb ground veal  
1 lb pancetta or thick-sliced smoky bacon, finely minced  
2 whole eggs

½ cup finely grated Parmigiano-Reggiano  
½ cup finely diced yellow onion  
8 garlic cloves, minced  
Herb mix: ¼ cup finely chopped flat-leaf parsley, 2 tbsp chopped oregano, 2 tbsp chopped rosemary

**Combine above ingredients** and mix well, kneading the mixture with your hands like dough.  
½ cup fine, dry unseasoned bread crumbs  
about 4 oz (½ cup) whole milk  
about 1 tsp coarse salt  
about 1 ½ tsp ground black pepper

**Slowly add milk** to bread crumbs, stirring until the mixture has the consistency of wet sand. Immediately add to the meat mixture, season with the salt and pepper, and mix well. To taste for seasoning: Heat a small amount of canola oil in a small pan. When it's hot — it will ripple in the pan — pinch off a bit of meat and fry in the oil. Remove with a spoon, taste, and correct seasoning, adding more salt if necessary. Refrigerate the meat mixture for about 30 minutes.

canola oil for browning  
about 12 cups good-quality tomato sauce, kept warm over low heat  
finely grated Parmigiano-Reggiano, for serving

**Preheat oven to 350 degrees.** Shape meatballs, preferably using an ice-cream scoop (see introduction). In a large skillet, heat about a quarter-inch canola oil until very hot. Working in batches, brown all sides of each meatball.

**As they finish**, transfer browned meatballs to a deep, ovenproof casserole. Cover meatballs with tomato sauce. (Don't skip — they must be totally submerged.) Place in oven and bake until well done, about 1 ¾ to 2 hours. When done, they should feel firm to the touch, or an instant-read meat thermometer should read 160 degrees.

**To serve:** Spoon sauce over meatballs (2 or 3 per person), top with grated cheese, and pass crusty bread. Makes 25 to 30 meatballs. Serves 8 to 10 as an entrée, with leftovers.

### Ramp Meatloaf

We are big fans of meatloaf in my house. This recipe is made from many of the ingredients in this week's bag.

1 lb ground pork  
1 lb ground beef  
½ cup uncooked oats  
1 cup tomato sauce  
1 beaten egg  
½ cup chopped onion  
½ cup chopped ramps  
1 teaspoon salt

Mix together all the ingredients. Save some of the greens for the top of the meatloaf. Put the combined mixture in a loaf pan and top with reserved chopped ramp greens. I like to put a little tomato on the top-tomato sauce, ketchup, or even barbecue.

Bake for about 1 hour at 350-375 degrees. Drain off excess fat before serving.

### Massaged Kale Salad

#### Ingredients

1 bunch kale (black kale is especially good), stalks removed and discarded, leaves thinly sliced  
1 lemon, juiced  
¼ cup extra-virgin olive oil, plus extra for drizzling  
Kosher salt  
2 teaspoons honey  
Freshly ground black pepper  
1 apple, diced small (about 1 cup)

#### Directions

In large serving bowl, add the kale, half of lemon juice, a drizzle of oil and a little kosher salt. Massage until the kale starts to soften and wilt, 2 to 3 minutes. Set aside while you make the dressing.

In a small bowl, whisk remaining lemon juice with the honey and lots of freshly ground black pepper. Stream in the ¼ cup of oil while whisking until a dressing forms, and you like how it tastes.

Pour the dressing over the kale, and add the apple. Toss and serve.