

Grilled boneless leg of lamb

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Grilled leg of lamb always feels like a celebration meal to me, especially when it's seasoned with garlic , rosemary, parsley and butter. I make little slits all over the boneless lamb leg and fill them with the garlic and herb butter. Then I spread the same butter all over the lamb, then I let the lamb marinate overnight, before grilling. Grilling is the secret that brings out the lambs natural sweetness while taming it's unique flavor.

This recipe tells you how to prep, season and grill the lamb to tender perfection. Giving you that beautiful pink medium rare center and a flavorful crisp crust that will impress your guest and have them talking about what a great chef you are.

It's a simple recipe that comes together quickly, feels special and perfect for spring.

This to know about this Grilled boneless leg of lamb recipe

A boneless leg of lamb is a cut of meat from the top of the animals rear leg. It's one of the richest and most flavorful cuts of lamb, but it requires a low and slow cooking process to become tender. A boneless leg of lamb allows for more flexibility in cooking methods, such as grilling and roasting. It also makes it easier to carve and serve the meat. A boneless leg of lamb roast, around 3-5 pounds , is also smaller than a bone -in leg of lamb. However, this recipe works for both bone-in or boneless, so if you go with the bone-in option make sure to extend the cooking time. Lamb,

when cooked correctly to an internal temperature of 135 degrees is a gamechanger. Your family and friends will be converted to lamb lovers after you make this grilled boneless leg of lamb recipe for them. ENJOY!!!

This grilled lamb recipe pairs deliciously with my Parmesan asparagus with blistered tomatoes or my Italian -style sauteed swiss chard

Ingredients

- 1 3-4 pound boneless leg of lamb, tied
- 4 gloves minced garlic
- 2 Tbsp. fresh rosemary finely chopped
- 2 Tbsp. fresh Italian parsley chopped
- 1/2 stick of softened butter
- 2 Tbsp. olive oil
- Salt and freshly ground black pepper to taste

Instructions

1. In a small bowl , mix together the softened butter, olive oil minced garlic, chopped rosemary , parsley, salt and pepper to taste
2. pat the lamb dry with paper towels, Using a small paring knife make slits all over the surface of the lamb. If the lamb is netted make the slits in the openings of the netting.
3. Fill the slits with the garlic butter, use your fingers to press some of the mixture deep into each slit. Rub the remaining mixture generously all over the outside of the lamb leg to fully coat it. Wrap in foil or plastic wrap and marinate for at least 1 hour or overnight.
4. Bring the lamb to room temperature before grilling for more consistent cooking
5. Preheat your gas grill to high heat. Place the lamb on

the grill fat side down, and sear 3-4 minutes per side to develop a flavorful crust.

6. Move the lamb to the cooler indirect side of the grill or lower the heat to medium low.
 7. Continue cooking turning occasionally, until the internal temperature reaches your desired doneness , usually 125- 130 for medium rare 12-15 minutes per pound for rare 18- 20 minutes for medium well done.
 8. It's important to let the lamb rest for at least minutes before slicing to allow the juices to redistribute. ENJOY!!!!
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Italian boneless leg of Lamb roast

Italian boneless leg of Lamb Roast

This flavorful Italian boneless leg of lamb roast dinner is a delicious meal that is guaranteed to impress family and friends. It's an easy roasted lamb recipe that looks beautiful on the platter. A simple blend of fresh herbs, spices and butter is all it takes to transform this main course into a restaurant- worthy meal everyone will love, perfect for your Easter dinner or Sunday roast. This is a great recipe for family and friends gatherings, It's hearty, filling and perfect for feeding a crowd.

Don't be intimidated by cooking lamb. many find cooking lamb daunting, but once you give this recipe a try you will

quickly see that is beginner friendly.

Things to know about this Italian boneless leg of lamb roast

When it comes to an Italian -style boneless leg of lamb roast, its's all about simplicity, quality ingredients and letting the flavor of the lamb be the star. This boneless cut of lamb is ideal for home cooks new to making lamb, it cooks evenly, carves easily and with the added potatoes and carrots it's a complete meal !!

If your boneless leg of lamb comes netted or tied, you can roast it as is. The netting helps it hold it's shape, and cook more evenly. If you prefer to season the inside of the meat, remove the netting rub the garlic herb mixture all over and re-tie it with butchers twine. I didn't tie mine up this time and it still came out beautifully, but next time I would – just to keep everything a bit neater and hold the shape better while it roast.

If your looking to add more lamb recipes to your recipe book, try my rosemary garlic seared lambchops – it's just as approachable and delicious.

Tried this recipe? I would love to know how it turned out-leave a comment , tag me on Instagram or share it with someone who would like this Italian boneless leg of lamb roast recipe. THANKS!!!!

Ingredients

- 1 boneless leg of lamb (4-5 lbs.)
- 4 gloves minced garlic
- 2 Tbsp. finely minced rosemary
- 2 Tbsp. chopped Fresh Italian parsley
- 1/2 stick room temperature butter

- 2 Tbsp. olive oil
- 1 Tbsp. Dijon mustard
- 2 Lbs. halved baby potatoes
- 4 peeled carrots cut into chunks
- 1 onion quartered
- 1/2 cup white wine or chicken stock
- salt and pepper to taste

Instructions

1. Preheat your oven to 425 degrees. Bring the lamb to room temperature
 2. In a small bowl mix the softened butter, minced garlic, rosemary, parsley, and mustard
 3. Pat the lamb dry with paper towels. Make small slits all over the meat , using a paring knife.
 4. Rub half the garlic butter all over the exterior of the lamb, work the remaining butter mixture into the slits using your fingers.
 5. Toss the potatoes, carrots and onions with the 2 Tbsp. of olive oil in a large roasting pan. salt and pepper to taste.
 6. Place the lamb on top of the vegetables. Roast at 425 degrees for 15 minutes to get a good sear on the meat then lower the heat to 325 and continue roasting. Roast for about 15-20 minutes per pound for medium -rare (125 F -130 F internal temperature) or longer if you prefer it more done. A 4.5 Lb. roast typically takes about 1hour 15 minutes to 1 hour and 30 minutes.
 7. Let lamb roast rest 10-15 minutes before slicing
 8. Plate the lamb surround it with the roasted vegetables, pour the pan juices over the top. ENJOY!!!
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Meat stuffed Eggplant Rollatini

Meat stuffed eggplant rollatini

Meat stuffed eggplant rollatini or Involtini di Melanzane are delicious. They are made with thinly sliced eggplant that is pre-baked before being filled with an easy meatball mixture. Then they are rolled up laid on a bed of my easy marinara sauce and baked. If you don't like eggplant, I have to tell you my Husband, Joe does not like eggplant either. Yet, he ate a plate -full of eggplant rollatini. With delicious layers of baked eggplant and savory ground beef in a garlicky tomato sauce- this Italian baked eggplant dish tastes like a restaurant quality meal.

This recipe is a little different than the traditional Italian method. Instead of coating the eggplant with flour and pan-frying before rolling then up and baking, the eggplant slices are baked rather than fried without any flour. The results are delicious and may surprise some used to the traditional way.

Things to know about this meat stuffed eggplant rollatini recipe

The number one question about this meat stuffed eggplant rollatini recipe is : To peel or not to peel the eggplant? That is a personal preference, but if the eggplants are large the skin is usually tougher than the skin of smaller eggplants and should be peeled. If you prefer you can zebra peel them like I did in this recipe.

To make this recipe more manageable the prep can be done in steps or even a day ahead of time. You can make my easy marinara

sauce and the filling mixture the day before and keep covered in the fridge until your ready to assemble the eggplant rolls. The eggplant can even be baked ahead of time. With a prep plan in place this meat stuffed eggplant rollatini recipe can be on your table in not time.

Ingredients

- 2 medium eggplants peeled and sliced thin vertically
- 1 Lb. lean ground beef
- 1 cup bread crumbs
- 1/2 cup grated parmesan cheese
- 1 egg
- 1/2 cup chopped Italian parsley
- Salt and pepper to taste
- 4 cups my easy marinara sauce

Instructions

1. Preheat your oven to 375 degrees
2. Prepare The eggplant: Start by peeling the eggplant, then slice thin on the long side. Sprinkle with salt and let sit in a colander weighted down to extract the bitter liquid. Pat dry drizzle with olive oil and bake on a baking sheet for 10-15 minutes or until soft .
3. Prepare the filling: in a bowl mix the ground beef, breadcrumbs, parmesan, egg and the parsley salt and pepper to taste and mix until well combined.
4. Assemble the Eggplant rollatini: Place a tablespoon of the filling in the center of each eggplant slice. Roll them up jelly roll style. Line an oven proof casserole dish with 2 cups of my easy marinara, stand the eggplant rolls in the casserole dish, then top with the remaining marinara. Top with grated parmesan and bake for 30-35 minutes or until the filling is cooked through.
5. To serve: Line a dinner plate with marinara sauce stand

the eggplant rolls on top of the sauce , top with additional sauce and Italian parsley. ENJOY!!!!

Stovetop Italian sausage and peppers

Stovetop Italian sausage and peppers

There's nothing quite like the irresistible and recognizable smell of Italian Sausage sizzling along side vibrant bell peppers and sweet onions. This Italian classic is a simple, one-pan dish that brings bold flavors to your table with minimal effort. Whether you're planning a cozy family dinner or a casual get-together, sausage and peppers is always a hit. This dish is a staple in Italian-American households, often served at celebrations, family gatherings, or part of Sunday dinners. Its simplicity and comforting flavors make it a go-to recipe for any occasion. Plus, it's budget friendly and uses just a handful of ingredients, making it a perfect option when you want something hearty and satisfying without the fuss.

Why you will love this stovetop Italian sausage and peppers

Authentic Italian flavor: Italian sausage, pairs perfectly with tender bell peppers and caramelized onions.

Quick and Easy: If you been following along you know I'm all about quick and easy. Ready in under 30 minutes with minimal ingredients, this is a great go-to meal for busy weeknights.

Versatile: serve it as a hearty main dish, tucked into a hoagie roll, or over pasta for a complete meal.

One -pan wonder: less cleanup means more time enjoying your meal and family .

Make it your Own: Looking to put your own spin on this classic Dish? Add a sprinkle of red pepper flakes for extra heat, or a splash of balsamic vinegar for a touch of tang. You can also melt some provolone cheese over the top for a gooey cheesy twist.

This classic stovetop Italian sausage and peppers recipe is proof that simple ingredients can create the most comforting and delicious meals. Give a try and enjoy the taste of Italy at home. BUON APPETITO!!!!

Ingredients

- 2 Tbsp. olive oil
- 4 links Italian sausage mild or spicy or a combination of both
- 1 red and 1 green cleaned and sliced into thin strips
- 1 thinly sliced onion
- 1 Tbsp. minced garlic
- 1/2 cup white wine
- 1/2 cup balsamic vinegar
- Salt and pepper to taste

Instructions

1. Heat the oil in a large skillet over medium high heat. Add the sausage and brown on all sides, about 5-7 minutes . Remove and set aside.

2. In the same skillet , add the onions, and peppers and cook until soft . Deglaze the pan with the wine, wait until absorbed before proceeding.
3. You can slice the sausage into thick pieces or leave it whole, then return it back to the pan . Add the garlic, and balsamic vinegar and stir everything together. Cook for an additional 5 minutes until the sausage is fully cooked through and the flavors are well combined.
4. Season with salt and pepper to taste. Top with fresh Italian parsley, if desired. ENJOY!!!!

**rosemary garlic seared
lambchops**

**Rosemary garlic seared
lambchops**

Nothing beats the aroma of rosemary and garlic sizzling in a pan , especially when paired with perfectly seared lambchops. This dish is an effortless way to bring a gourmet meal to your table with minimal effort. Whether you're cooking for a special occasion or simply craving a hearty flavorful dinner, these rosemary garlic seared lambchops will be a hit. The rich, succulent flavor of the lamb is enhanced by the earthy warmth of fresh rosemary and the robust essence of garlic. The crispy golden crust on the outside gives way to tender juicy meat inside, making every bite irresistible.

Choosing the lamb for this rosemary garlic seared lambchops recipe

For the best results, opt for high -quality lambchops. Rib chops are the most tender and have a delicate, mild flavor, while loin chops are slightly meatier with a robust taste. If you prefer an even richer flavor shoulder chops can be a great alternative, though they require a longer cooking time to become tender.

When possible, choose grass-fed lamb for a more pronounced depth of flavor and superior texture. Look for chops that have a vibrant red color with some marbling, as the fat contributes to the juiciness and taste.

These rosemary garlic seared lambchops are easy to make and delicious, they deliver a restaurant -quality dish right at home. The combination of crispy seared edges, fragrant herbs, and a buttery sauce makes this dish a guaranteed crowd-pleaser. Perfect for an elegant dinner or quick weeknight meal, they're bound to impress. ENJOY!!!

Ingredients

- 1.5 lbs. of lamb chops
- 2 Tbsp. olive oil
- 1 Tbsp. minced garlic
- 1 Tbsp. fresh rosemary finely chopped
- Salt and pepper to taste
- FOR THE PANSAUCE
- 2 Tbsp. butter
- 1 Tbsp. finely minced garlic
- 1 Tbsp. finely chopped rosemary
- 1 Tbsp. corn starch
- 1/2 cup white wine
- Juice from 1 lemon

- 1 lemon sliced
- 1 cup chicken stock
- 1 Tbsp. chopped Italian parsley

Instructions

1. Remove the lambchops from the refrigerator at least 20 minutes before cooking. Pat them dry then season with the rosemary, garlic salt and pepper. Massage the seasonings into the chops on both sides.
2. In a heavy skillet or cast-iron pan heat the oil over medium high heat until shimmering.
3. Add the lambchops to the hot pan and sear for 3-4 minutes on one side until a deep golden crust forms. Flip and sear the other side for another 3 minutes. Then remove and set aside.
4. In the same pan add the butter, garlic and rosemary cook until soft and translucent . Add the corn starch and cook for 1 minute longer
5. Deglaze the pan with the wine waiting until it is absorbed before adding the chicken stock and lemon juice and lemon slices. Simmer until sauce is beginning to thicken (3-5 minutes). Then remove the lemon slices.
6. Return the lambchops back to the pan to heat through, basting the chops with the sauce. Finish with the Italian parsley . ENJOY!!!!

Stuffed pork tenderloin Wellington

Stuffed Pork Tenderloin Wellington

When you want to impress- whether it's date night, a special occasion or just because- this stuffed pork tenderloin delivers, Juicy pork tenderloin filled with a savory mushroom filling and then wrapped in golden, flaky puff pastry- yeah it's drool worthy.

This version takes the classic beef wellington and swaps out the beef for succulent pork tenderloin and levels up the flavor by stuffing it with a rich Italian – inspired filling.

How To make this Stuffed pork tenderloin wellington more manageable

1. Prep the filling in advance: cook and refrigerate the filling up to a day ahead of time. This prevents the pastry from becoming soggy and saves time.
2. Butterfly and stuff the pork: Do this in advance and roll it tightly in plastic wrap. This step can also be done up to one day before your ready to bake the tenderloin.
3. Assemble and freeze : You can fully assemble the pork tenderloin wellington (stuffed , wrapped in pastry and egg- washed) and freeze it unbaked. When ready to cook , bake straight from frozen adding 15 – 20 minutes to the cooking time.

By prepping ahead , you'll make this Stuffed Pork tenderloin recipe much more manageable while still delivering a stress free impressive and delicious result.

Ingredients

- 1 pork tenderloin (about 1.5 lbs.)
- 2Tbsp. olive oil
- 1 Tbsp; butter
- 2 Tbsp. Dijon mustard
- 1 sheet puff pastry
- Mushroom filling
- 8 oz. cremini or button finely chopped
- 1 minced Shallot
- 1 Tbsp. minced garlic
- 1/2 cup breadcrumbs
- 1/4 cup grated parmesan cheese
- 1 egg + 1 egg yolk for the egg wash
- 2 Tbsp. chopped Italian parsley
- Salt and pepper to taste

Instructions

1. Preheat your oven to 400- degrees
2. Clean the pork removing the silver skin – It's that shiny white-silver membrane running along one side of the tenderloin with a sharp knife
3. Then butterfly the tenderloin slice it length wise almost all way through- think open book.
4. Pound it with a meat mallet or rolling pin until it's an even thickness, about 1/2 inch thick. salt and pepper to taste.
5. Make the filling
6. In a saute pan over medium high heat in the olive oil and butter saute the shallots and garlic until soft and translucent
7. Add the mushrooms cook until brown and all the liquid is absorbed.
8. In a bowl slightly beat the egg, add in the breadcrumbs, parmesan cheese, parsley and the cooked mushroom

mixture. Mix to combine

9. Spread the stuffing down the center of the pork tenderloin
 10. Carefully roll it up jelly roll style. Then tightly wrap it in plastic wrap and chill for at least 30 minutes.
 11. Then unwrap and spread with the mustard and roast in a preheated 400- degree oven for 10 minutes. Set aside and cool slightly just enough time to handle without burning your hands, then spread with the mustard
 12. On a lightly floured broad roll out the puff pastry and place the pork roll in the center. Wrap the pastry around it. tucking in the edges.
 13. Place it seam-side down on a parchment lined baking sheet
 14. Brush the top with a slightly beaten egg yolk. Score the top. Bake in a preheated oven for 25-30 minutes or until the puff pastry is golden brown.
 15. Let rest for 10 minutes before slicing. ENJOY!!!!!!
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Bone- in Porkchops picatta

Bone-in porkchops picatta

Perfectly cooked and juicy bone-in porkchops picatta in less than 30 minutes. Only 5 minutes of prep and 15 minutes of cook time start to finish to make the best restaurant quality porkchops at home.

For these pan seared chops I am using 1-1 1/2 inch thick bone-in porkchops and pounding them thin. Thinner porkchops can be used you can skip this step. You can also use boneless

porkchops. Although for me I find bone -in anything is much more flavorful.

It's a one pan recipe that's ready in less than 30 minutes and has the most flavorful porkchops with the most delicious picatta sauce.

Why you will love this bone-in porkchop picatta recipe

Bone-in porkchop piccata is a delicious recipe. It combines the rich, juicy flavor of bone-in porkchops with the bright, zesty buttery lemon-caper sauce that defines a classic piccata.

The bone-in adds extra flavor and helps keep the meat tender and moist. The tang from the lemon and briny capers balances the savory richness of the pork, while white wine and butter brings everything together in a luscious sauce.

This bone-in porkchop piccata is a restaurant quality dish that's surprisingly easy to make at home, making it an ideal recipe for both weeknight family dinners and fancy enough for special occasions. Plus, it pairs deliciously with simple sides like roasted potatoes, sauteed greens or creamy polenta. ENJOY!!

If you make this recipe please leave me a comment on your experience with this bone-in porkchop picatta recipe. I love hearing from you, and it helps others. THANKS!!!

Ingredients

- 4 bone -in porkchops
- 2 eggs
- 1 cup breadcrumbs
- 1/2 cup grated parmesan cheese

- 1/2 cup chopped Italian parsley
- 2 Tbsp. olive oil
- 3 Tbsp. butter
- 1/2 cup white wine
- 1 cup chicken broth
- juice from 1 lemon
- 1/2 cup drained capers
- salt and pepper to taste

Instructions

1. Start by pounding the porkchops thin then salt and pepper to taste
2. In a bowl mix the breadcrumbs with the grated parmesan cheese and Italian parsley
3. In another bowl add the eggs and whisk slightly
4. Dip the chops first in the egg, then in the breadcrumb mixture. Use your hands to completely cover the porkchops with breadcrumbs
5. In a large saute pan over medium high heat add the olive oil and 1 Tbsp. of butter
6. Add the porkchops in batches to the skillet and fry until golden brown on both sides (about 5 minutes per side). remove and set the chops aside while you make the sauce.
7. In the same pan add the remaining butter add the garlic and shallots and cook until soft and translucent.
8. Deglaze the pan with the white wine waiting until it evaporates before adding the chicken stock, lemon juice and capers. Simmer over low heat until the sauce thickens.
9. Pour the picatta sauce over the porkchops. Top with additional chopped Italian parsley. Serve with lemon slices. ENJOY!!!!

tomato Bolognese meat sauce

tomato Bolognese meat sauce

Bolognese is a rich meaty tomato sauce that is a signature dish from Bologna, Italy. In the capital city of Emilia-Romagna, Bolognese is typically served over tagliatelle pasta, or other thick noodles.(but almost never over spaghetti)Deeply rich and meaty, as opposed to saucy, it is the trait that is different in a Bolognese sauce verses spaghetti meat sauce.

There are as many variations of this meat sauce as there people who make it. These variations are the cause of sometimes heated debates. Garlic or no garlic, red or white wine, the amount of tomatoes, did the sauce really originate in Bologna. etc, etc. However the basis of a good Bolognese stays the same. A good Bolognese is a labor of love. But if you have a prep plan in place and a little extra time it really is an easy sauce to make. And you can make it ahead of time , it's freezer friendly too!! So make a double batch one for one and one to freeze for a ready made meal.

Notes for this tomato Bolognese meat sauce

It may seem like a long list of ingredients, to make this tomato Bolognese meat sauce but note that most are pantry staples you probably have on hand.

I use only ground beef to make my Bolognese. If you prefer,

you can use a mix of beef, pork or Italian sausage.

A good Bolognese sauce benefits from the saltiness and smokiness of a cured meat such as pancetta or bacon. I prefer to use pancetta, but use bacon if that is easier for you to get or if it is what you have on hand.

Onions, carrots and celery also known as soffritto in Italian are non-negotiable in a Bolognese sauce. You can chop them by hand or use a food processor to save time on the chopping.

My tomato Bolognese meat sauce is not a complicated recipe and my version doesn't stray from the classic. It always starts the same way with a soffritto.

So here's the thing to make this tomato Bolognese meat sauce recipe easy and stress free you need to plan ahead. Gather the best ingredients , chop the vegetables before and store them in the fridge . make a large when you have time, portion it, and freeze for quick meals.

These shortcuts will deliver a delicious, rich sauce without the stress. ENJOY!!!

Ingredients

- 3 Tbsp. olive oil
- 1 1/2 lb. lean ground beef
- 1 cup diced pancetta
- 1 cup each chopped onion+ carrots + celery
- 2 Tbsp. minced garlic
- 1 cup red wine
- 1 28 oz. crushed tomatoes
- 2 cups beef broth
- 1 cup milk
- pinch of nutmeg
- 1 Lb. tagliatelle
- Grated parmesan and Italian parsley for serving

Instructions

1. Start by cooking the pancetta in the olive oil over medium high heat in a stock pot or Dutch oven.
 2. Once the pancetta is crispy add the onion, celery, carrots and garlic. Cook until soft and translucent.
 3. Add in the ground beef and cook until brown. Then deglaze the pot with the red wine waiting until it evaporates before adding the beef stock ,crushed tomatoes and milk. Add the pinch of nutmeg and a few bay leaves.
 4. Cover and simmer for 1 1/2 hours
 5. Cook your pasta el dente
 6. Toss in tis delicious pasta sauce. Top with freshy grated parmesan cheese and chopped Italian parsley. ENJOY!!!
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Italian Style cabbage rolls

Italian style cabbage rolls

Sometimes the most meaningful recipes come from unexpected places. This Italian style cabbage rolls recipe, inspired by my ex-mother-laws traditional Polish cabbage rolls, holds a special place in my heart. While life may have taken us in different paths, her recipe remains – one that I’ve recreated with a little Italian flair. I added classic Italian ingredients, like parmesan cheese, fresh herbs and my easy marinara sauce. As someone who likes to experiment in the kitchen, I couldn’t resist blending her recipe with Italian flavors that remind me of my roots. The result is a dish that

pays homage to her heritage while incorporating a taste of mine.

Tender cabbage leaves are stuffed with a beef, cheese and rice filling. The rolls are then laid on a bed of my marinara sauce topped with more marinara before being baked to a delicious perfection. The result is a hearty, satisfying dish perfect for family dinners or special gatherings.

How to make Italian style cabbage rolls easy

At first glance, Italian -style cabbage rolls might seem like a daunting recipe, but with a good prep plan and a step by step approach, this dish becomes easy to make.

PREP PLAN FOR SUCCESS

1. Softening the cabbage is one of the most important steps, and it's also something you can do in advance. Boil the cabbage , separate the leaves and store in an airtight container for up to two days. This way, when it's time to assemble the rolls your cabbage is ready to go.
2. Make the marinara the day before: The tomato sauce can be make a day ahead or do like I do and always have it on hand. Marinara sauce is one of the easiest sauces to prepare in advance and keep frozen in different size containers for easy recipe building.
3. You can also prepare the meat and rice filling ahead of time. Combine the ingredients, cover and refrigerate.
4. Once the cabbage , sauce and filling are ready you can assemble the cabbage rolls . At this point bake the rolls for immediate use or they can be frozen either already baked or frozen unbaked , thawed out and baked when you are ready to serve,

Ingredients

- 1 medium head of cabbage
- 2 Tbsp. olive oil
- 1 cup chopped onion
- 1 Tbsp. minced garlic
- 1/2 lb. ground beef
- 2 cups cooked rice
- 1 cup grated parmesan
- 1 egg
- 1/2 cup chopped Italian parsley
- salt and pepper to taste
- 4 cups my easy marinara sauce

Instructions

1. Prepare the cabbage by removing as much of the core as possible. Then place the cabbage in a large pot of salted water. Bring to a boil and cook for 5 minutes or until you can easily separate the leaves with thongs. You may need to help the leaves off using a knife. Set aside to cool. The smaller leaves can be frozen for soup.
2. Make the filling in a saute pan in 2 tbsp. of olive oil cook the onion and garlic until soft and translucent. Then add the ground beef and cook until brown.
3. Using the same water from the cabbage cook the rice for 5-7 minutes or until the rice is cooked al dente. Drain the rice
4. Mix the cooked ground beef mixture with rice. Add the egg , parmesan, Italian parsley and 1 cup of the marinara sauce, salt and pepper to taste mix until well combined
5. Assemble the cabbage rolls: Place a cabbage leaf on a flat surface place 2 tbsp. of the filling in the center . Fold the flaps over the filling then roll up jelly

roll style.

6. Line an oven proof casserole dish with 1 cup of my easy marinara sauce. place the filled cabbage rolls on top. Top with the remaining 2 cups of marinara.
 7. Bake in a preheated 375-degree oven for 35- 45 minutes. Top with additional Italian parsley . ENJOY!!!
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Arancini Italian rice balls

Arancini Italian rice balls

Arancini are golden, Italian fried rice balls filled with a rich , delicious meat sauce and creamy mozzarella cheese. They are an Italian street food that can be found all over Italy. These delicious rice balls whose name means “little oranges” in Italian due to their shape and color, are a beloved snack or appetizer enjoyed across Italy. With variations reflecting the unique flavors of different regions. From the classic meat and mozzarella- filled version to modern twist featuring saffron, peas or even vegetarian fillings. Whether served at an elegant dinner party or grabbed from a street vendor , arancini are the perfect blend of texture and taste- crunchy on the outside, tender and rich on the inside.

Steps to Make this Arancini Italian rice ball recipe easy

Making arancini can be simplified with a well- though-out prep plan.

Step one: Prep the rice or risotto a day or two in advance and refrigerate it.

Step two: The day your making arancini step up a workstation with everything you need: a bowl of your risotto , cubed mozzarella, meat filling, seasoned breadcrumbs and beaten egg.

Step Three: Shape the rice balls around the filling, dip in the egg and roll in the breadcrumbs. Arrange them on a parchment lined baking sheet. This step can be done hours ahead or even a day ahead- just cover with plastic wrap and refrigerate until you are ready to fry.

Step 4: Fry the arancini in hot oil until golden and crispy. Work in batches to avoid overcrowding the pan. If you're short on time or prefer a lighter version , bake them in the oven or air fryer. Serve hot.

By breaking the recipe into manageable steps and preparing in advance, you will find making arancini far less intimidating , leaving you more time to enjoy these crispy Italian rice balls.

Ingredients

- 4 cups leftover rice or risotto
- 1 cup grated parmesan cheese
- 1 egg
- 2 Tbsp. chopped Italian parsley
- FOR THE MEAT FILLING
- 2 Tbsp. olive oil
- 1/2 cup chopped onion
- 1 Tbsp. minced garlic
- 1 cup chopped celery + 1 cup peeled and chopped carrot
- 1 cup diced pancetta or bacon
- 1/2 lb. ground beef + 1/2 lb. ground pork
- 1/2 cup red wine
- 2 cups crushed tomatoes

- 2 Tbsp. tomato paste
- 1 cup water
- 1 Tbsp. dried Italian herbs
- 1 cup peas (optional)
- Ingredients to assemble:
- 4 mozzarella sticks cut into 4 pieces
- INGREDIENTS FOR THE COATING
- 1 egg slightly beaten
- 2 cups breadcrumbs
- 1/2 cup grated parmesan
- 1 Tbsp. chopped Italian parsley

Instructions

1. Mix the cooked rice with 1 egg , 1 cup of grated parmesan cheese and the Italian parsley, salt and pepper to taste. Set aside while preparing the meat filling.
2. To make the meat sauce: Start in 2 Tbsp. of olive oil by cooking the pancetta or bacon until crisp, then add the celery, onion, garlic and carrots and cook until soft . Once the vegetables are soft add the meats and cook until browned breaking up the meat as it cooks.
3. Add the wine and let it evaporate before adding the tomato paste and water. Bring to a boil, then turn down to a simmer cover and cook for one hour. If using peas add them to the meat sauce the last 10 minutes .
4. This recipe uses about 3 cups of meat filling any leftovers can be used for pasta sauce.
5. To assemble and fry; the rice should be warm for easier forming , if the rice has be in the fridge warm in the microwave.
6. Wet your hands this will make forming the rice balls easier. Take about 1 Tbsp. of rice and flatten into your cupped hand. Place 1Tbsp. of the meat filling and 1 piece of the mozzarella in the center and roll into a ball making sure all the filling is covered .
7. Then in a bowl mix the breadcrumbs with the parmesan

cheese and Italian parsley. In another bowl whisk the egg slightly

8. Dip the arancini balls first in the egg and then in the breadcrumb mixture. Now refrigerate for 30 minutes or even overnight.
9. Then bring 3 cups of canola – olive oil blend to medium high heat and fry the rice balls until golden brown about 5 minutes.
10. Drain on absorbent paper . serve hot. ENJOY!!!!!!