

# Spaghetti And Meatballs for 100

Paul Gioia

## Ingredients:

### Spaghetti Sauce

	<b>6</b>	<b>Serve</b> <b>100</b>
Onion, finely chopped	1 large	3kg
Capsicum (red and green), finely chopped	2 large	6.5kg
Garlic, finely chopped	4 cloves	400g
Olive Oil (extra virgin)	2Tbs	500ml
Fresh basil, roughly chopped	1 cup	1 shopping bag
Dried oregano	2tsp	8Tbs
Tomato puree	1 x 450g tin	7.2kg
Tomato paste	1 x 150g tin	2.4kg
Dry red wine (eg cab sav)	1 cup	5L
Salt	1tsp	2Tbs
Pepper	½ tsp	2/3 Tbs

### Spaghetti

Spaghetti (not thin, not thick)	1kg	15kg
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### Meatballs

Lean mince	1kg	12kg
Eggs, beaten	2	3 dozen
Sliced white bread, crust removed	1 slice	1 loaf
Milk	9 Tbs	2L
Onion, finely chopped	½	2kg
Fresh parsley (finely chopped)	2Tbs	½ shopping bag
Parmesan cheese, freshly grated	20gm	400gm in meatballs + 300gm for sprinkling on sauce
Cheddar cheese, grated	1 cup	1 kg, for sprinkling on sauce

Vegetable oil for browning

### Salad Dressing:

3 cups Olive oil (extra virgin)  
3 cups cider vinegar  
10 cloves garlic  
2Tbs dried oregano

### Instructions:

Heat the milk and white bread in a saucepan. Mash and leave to cool.

In a large pot fry capsicum for five minutes over high heat in olive oil. Turn down to medium, add onion and fry for another 10 minutes. Add garlic and sauté over low heat for 2 minutes. Add tomato puree and tomato paste over medium heat for 5 minutes. Add basil and oregano, salt and pepper. Bring to boil, then simmer, uncovered, while meatballs are prepared.

In a mixing bowl, add mince, onion, eggs, parsley, grated Parmesan, salt and pepper and bread mush. Mix thoroughly by hand (yes!). Roll mixture into 1 inch balls. Add vegetable oil to a large frying pan and brown meatballs. Gently add the meatballs to the sauce and simmer, covered, until meat is cooked, about 1 - 1.5 hours.

Cook spaghetti until al dente. For each bowl or plate, serve spaghetti portion, spoon over three – four meatballs and sauce, and provide Parmesan and cheddar for sprinkling.

Serve with dressed green salad (lettuce, carrots, capsicum, cucumber).

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