

## Keftedes (Greek Meatballs)

1 slice of bread  
milk  
1 lb. lean ground beef  
1 egg, lightly beaten  
1/2 an onion, finely diced or grated  
2-3 cloves garlic, finely minced or pressed  
1 heaping tsp. dried oregano  
1/4 cup fresh parsley, chopped  
1 tsp. salt  
freshly ground pepper  
flour, for dredging  
olive oil, for pan frying

Put your slice of bread into a bowl and then pour milk into the bowl. Allow the bread to soak up the milk as you are prepping your other ingredients. Squeeze the bread to get rid of some of the milk, and then discard the remaining milk, keeping just the soggy bread.

Add the beef, egg, onion, garlic, oregano, parsley, salt & pepper to the bread. Mix everything together (with your hands - what Ina calls “a cook’s best tools”) but don’t overmix. Then, shape into meatballs-any size you want.

Heat a skillet over medium-high heat and add some olive oil to coat the bottom of the pan. Dredge the meatballs in flour, shaking off the excess. I find the easiest way to do this is to put some flour in your hands and then bat the meatball back and forth. When the oil is hot, add your meatballs and pan fry them until they are cooked through (working in batches, if necessary).

*elley says opa!*

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