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We were making meatballs in the kitchen one evening: boiled beef, cooked cardoons, parmesan, bread crumbs, two eggs, salt, pepper. Once the mixture was done, we shaped the meatballs and arranged them neatly on a plate. At that

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point, Marina advised: “Now, before cooking them, let us leave them to rest for a few hours.

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Let the Meatballs Rest : Massimo Montanari : 9780231157339

Letting meatballs rest before cooking them—as Massimo Montanari writes—is like letting thoughts rest: if you wait a bit,

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they turn out better. Therefore, the kitchen is at once a place to nourish the body and a place to train the mind.

Let the Meatballs Rest - Walter de Gruyter

Massimo Montanari's new book, Let the Meatballs Rest: And Other Stories About

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Food and Culture, can be thought of as a delicious mix of antipasti that will leave the reader with an appetite for more of the author's books..."

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Pick the right meats. While you can make

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meatballs out of any ground meat, fattier meats like beef, lamb, and pork will yield more tender meatballs. If you use leaner meats like chicken or turkey, be careful not to overcook them or they can become tough. For great flavor, use a blend of different kinds of ground meats.

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Lidia Bastianich, chef, cookbook author, television personality, and restaurateur

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Before that can happen, it is useful to let those ingredients rest, to give them time to settle, to become blended, to firm up. The resting of meatballs is like the resting of thoughts: After a while they turn out

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better."

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