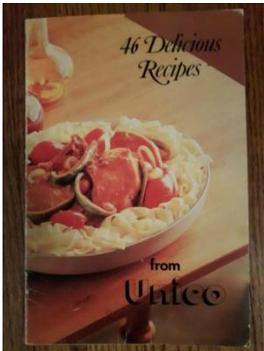


Labour day is fast approaching. Nights are cooling off and kids will soon be back in school. Before having children, the return to school in September really only meant the return to heavy traffic across the GTA. Now I'm bracing myself for school lunch preparation. Containers filled with pasta always come home empty.



I recently came across a slim recipe booklet created for Unico Foods, written by my grandmother, Georgina Madott. My family will agree that my grandmother makes the absolute best sauce with meatballs. As kids we referred to it as liquid gold. Every so often we'd be the recipients of a special "meals

on wheels deluxe" delivery. I've made some slight modifications to her recipe.

LIQUID GOLD (SAUCE & MEATBALLS)

Meat balls:

- ½ lb ground beef or veal
- ½ lb ground pork or turkey
- 2 eggs, beaten
- ½ cup Panko breadcrumbs
- 1 sprig parsley, minced
- ½ tsp salt
- ¼ tsp pepper
- 3 tbsp grated Romano cheese

Spaghetti Sauce:

- ¼ cup extra virgin olive oil
- 1 clove garlic
- 1 onion, chopped finely
- 5.5 oz tin tomato paste
- 28 oz tin San Marzano DOP tomatoes
- 2 cups water
- 1 tsp salt
- pepper to taste
- 1 tsp basil

My grandmother always fried her meatballs. I find it easiest and quickest to shape mine using an ice cream scoop and then bake them in the oven on a baking sheet lined with foil. Spray the baking sheet and the meatballs after they've been formed on the tray, with oil. Bake them at 425 for about 15 minutes then brown them using top broil.

Meanwhile, heat the olive oil in a large heavy bottomed pot. Add the garlic and let it brown, then remove it. Fry the onions until they become translucent. Add the can of tomato paste and cook for about one minute. I only use whole San Marzano DOP tomatoes. A flavourful tomato requires little seasoning. Break up the tomatoes using a spoon. Add two cups of water and bring to a brisk boil for a few minutes. Reduce to a slow boil and add the meatballs from the oven. Cook the sauce partly covered for at least 2.5 hours.

O-MED SMOKED OIL

We have just received in a new smoked oil. O-Med is small family owned olive grove and mill in southern Spain. They use only early harvested olives in their oils. The extra virgin olive oil for their smoked oil is extracted from Arbequina olives. The olive pits are then burned, and the smoke is passed over the oil. The resulting oil has a smoky flavour with hints of vanilla and caramel.



UPCOMING EVENTS

We are pleased to support the upcoming **Day at the Races**, hosted by the Arthritis Research Foundation. The event will take place on Sunday, September 25th at Woodbine Racetrack. www.racetobearthritis.ca

