

“VINCENTE”



CREAMY ITALIAN WEDDING SOUP

~ Created by Becky Volpe

ITALIAN MEATBALLS

- 1 small finely chopped onion
- 1/3 c. Fresh finely chopped parsley
- 1 large egg
- 1 tsp. minced garlic
- 1 tsp. salt
- 1 slice fresh white bread torn into small pieces (no crust)
- 1/2 c. shredded parmesan cheese
- 6 oz. ground beef
- 6 oz ground pork

SOUP

- 12 oz. Chicken Broth
- 1 Bay leaf
- 1 c. diced carrots
- 1 c. diced celery
- 1 c. diced onion
- 2 tsp. chopped parsley
- 1 bunch Curly Endive (12 oz) roughly chopped
- 3/4 tsp. dried Thyme
- 3/4 c. Orzo pasta
- 1 tsp. black pepper
- 1.5 tsp. Italian seasoning
- 2 tsp. garlic powder
- 1/2 c. shredded Parmigiano Reggiano cheese
- 1/3 c. cooking sherry
- 2 c. heavy whipping cream
- 1 stick butter
- 2/3 c. flour
- 1 tsp. kosher salt
- Pinch Red pepper flakes

SOUP PRIZE COOK OFF

ITALIAN MEATBALLS: Stir in first 6 ingredients in large bowl until fully incorporated. Then add ground beef, pork, cheese, and shape into 1 inch balls. Place on baking sheet and set aside.

SOUP: Bring the broth and bay leaf to a boil in a large pot over medium-high heat. Add the meatballs, carrots, celery, onion, parsley, thyme, pasta, pepper, Italian seasoning, garlic powder, and curly endive and simmer until the meatballs are cooked through and the curly endive is tender, about 8 minutes.

Meanwhile, melt butter in small pan. Whisk in flour, kosher salt, and red pepper flakes. Stir constantly approximately 2 minutes and remove from heat.

Slowly add the cream, sherry, and cheese to broth mixture, thoroughly whisk, then add flour mixture and cook and stir until thickened, about 3-4 minutes. Discard the bay leaf, and then serve. Garnish with Shredded Parmigiano cheese Enjoy!