

FAVORITE RECIPE:

Make Italy's own mama's meatballs

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AVON — Growing up in an Italian family, Fran Sikora learned how to make traditional dishes from scratch and she still does, such as her recipe for what she calls Mama's Meatballs.

"I can tomatoes and do my own sauce from scratch. My mother passed this down to me. I had five sisters and we all can tomatoes and do our own cooking," Sikora said.

"My mother was the best teacher. But she never said, 'I'm going to teach you something.' You learned from her by example, by watching her. She was the best," she said.

The number of meatballs you make from Sikora's recipe depends on how large you roll them. Sikora said the meatballs she rolls are just a little smaller than a tennis ball. Once the meatballs are rolled, "You fry them first. Then you add them to the sauce and you let them cook slowly in the sauce," she said.

Add the pasta to boiling water that has a pinch of salt, but no cooking oil.

Remove the pasta when it is "al dente" which Sikora said means "hard to the tooth" in Italian.

An Avon city employee for 15 years, Sikora has been a member of the Isabella Guild of the Knights of Columbus for more than 20 years.

"We're really a very active group and we do a lot of fundraising," Sikora said.

She said her family is originally from Bari, Italy, a very prominent seaport on the Adriatic Sea and the second largest city of Southern Italy.

"It's in the heel of the boot," Sikora said.

One of these days, Sikora said she would like to travel back to her ancestral homeland.

"I'm trying to get my sisters to go with me," she said.

Mama's Meatballs

Servings: About 8

1 pound ground pork
1 cup bread crumbs
1/2 cup Romano cheese
3 eggs
1 teaspoon salt
1 teaspoon black pepper
1 teaspoon freshly chopped parsley

Mix ingredients. Shape mixture into meatballs. Fry them in a pan.

Once done, place them in sauce and leave them cook on low fire.



Fran Sikora holds her mama's meatball recipe.
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