

3 Comfort Foods for Fall

From *This is a Cookbook* come superlative recipes for Monte Cristos, Meatball Sandwiches, and Chocolate-Peanut Butter Pie.

By The Editors

Alex Farnum

Sometimes, you want a five-course lobster dinner, replete with wine pairings and sterling silver tableware.

Sometimes, you want a microwaved pizza – hot, ready almost instantly, and just-about-acceptably edible.

And sometimes, you want something in between: a sumptuous homemade chocolate pie, the best meatball sub you've ever had, or the most satisfying breakfast sandwich you've treated yourself to in ages. In other words, comfort food.

Happily, that's where Max and Eli Sussman's *This is a Cookbook* (Olive Press) comes in. It's packed with 60 cozy, satisfying recipes – many accompanied by gorgeous photos – that you can serve to family or eat all by yourself, curled up in a fuzzy blanket. Today, the Sussmans are sharing three of their most rewarding, delicious dishes with Grandparents.com. The pie alone is worth the price of admission, but each dish stands ably on its own.

Grilled Meatball Sandwich

Forget your favorite Meatball Parm, because this pesto-and-provolone sub is about to become its replacement.

By The Editors



This meaty, saucy sandwich is as delectable as it is messy, which is to say, very. From Max and Eli Sussman's *This is a Cookbook* (Olive Press), it uses a peppery arugula pesto and fragrant provolone in place of red sauce and mozzarella, for a truly matchless meatball sub. Bring a knife and fork. You'll need it. (Arugula Pesto recipe follows this one.)

Ingredients:

2 lbs ground beef
1/2 cup ricotta cheese
1/4 cup freshly grated Parmesan cheese
1/4 cup panko bread crumbs
4 large eggs, lightly beaten
2 tablespoons minced fresh flat-leaf parsley
1 garlic clove, minced
1 teaspoon red pepper flakes
Kosher salt
Oil for grill
1 large baguette
8 ounces thinly sliced provolone cheese
Arugula pesto (recipe below)

Directions:

1. In a large bowl, combine the beef, ricotta, Parmesan, bread crumbs, eggs, parsley, garlic, red pepper flakes, and 2 teaspoons salt. Mix gently just until combined; you don't want to overwork the meat. Form the mixture into 12 meatballs about the size of golf balls, putting them on a lightly oiled baking sheet as you work. Set aside at room temperature.
2. Build a hot fire in a charcoal grill or preheat a gas grill to high. Using a grill brush, scrape the heated grill rack clean. Rub the rack with oil. Arrange the meatballs on the grill rack without crowding. Using tongs, grill until browned evenly on all sides and cooked to medium, 8-10 minutes total, depending on grill temperature. Move any meatballs to a cooler area of the grill if they threaten to overbrown. Transfer to a platter or clean baking sheet as they are finished. Let rest for 5 minutes while you assemble the sandwiches.
3. Cut the baguette crosswise into fourths and split each piece horizontally. Lay the pieces, cut side down, on the grill. Toast until golden brown, about 3 minutes. Lay the provolone slices on half of the baguette pieces. Place 3 meatballs on top of the cheese-lined baguette slices. Garnish with the pesto and serve right away.

Serves 4-6

Arugula Pesto

Ingredients:

1/2 cup walnut pieces
1 garlic clove, minced
2 cups packed arugula leaves
1/2 cup freshly grated Parmesan cheese
Kosher salt
1 cup extra-virgin olive oil

Directions:

In a food processor, combine the walnuts, garlic, arugula, Parmesan, and 1 teaspoon salt and pulse to blend. With the machine running, pour in the olive oil through the food tube in a slow, steady stream and process until smooth, stopping to scrape down the sides of the bowl as needed. Taste and adjust the seasonings.