

Polpette

Sicilian Meatballs



There?s hardly a country in the world where they don?t exist. Here is the Sicilian version of the well known meat specialty.

Ingredients (4 people):

400g minced beef

2 old bread rolls

milk

1 egg

10g butter

1 onion

2 garlic cloves

lemon peel

1 bunch of parsley

2 tablespoons of freshly grated Parmesan cheese

salt

pepper

nutmeg

oil

Preparation:

Soak the 2 bread rolls in milk, chop the onion and the parsley, press the garlic, rub the nutmeg and the lemon peel. Lightly sauté the onion in the butter - leave to cool and mix with the meat. Remove the rolls from the milk and mix them with the other ingredients and the meat. Season with salt, pepper, nutmeg and lemon zest. Knead into a dough and let cool for about 1 hour in the refrigerator. Now form small meatballs with wet hands and fry them in a pan with hot oil until they brown. Serve with either salad or risotto in a tomato sauce.



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