

Fried meatballs in tomato sauce (polpette)



INGREDIENTS (serves 4)

MEATBALLS

220 g beef minced meat

220 g pork minced meat

45 g plain bread crumbs

2 eggs

2 tablespoons grated Parmesan cheese

2 tablespoons olive oil

65 g milk

1 clove garlic finely chopped

parsley, oregano, nutmeg, salt and black pepper

TOMATO SAUCE

METHOD

Step 1

PUT the breadcrumbs in a pot and **ADD** milk

LET it soak

GATHER all the ingredients in a bowl

WORK the mixture with your hands

LEAVE it for 30 mins

Step 2: to assemble

FORM small balls using wet hands , they should be slightly larger than a walnut

Step 3: to cook

PREHEAT an oven to 425 degrees F (220 degrees C)

BAKE for 15 to 20 minutes until browned

In alternative

FRY them in plenty of olive oil for 10 minutes, the oil must **COVER** them completely

Step 4

PREPARE the tomato sauce in a pan.

POUR the meatballs and continue cooking for 30 minutes

SERVE

Serves 4 (24 pieces)

Grade of difficulty: medium

Preparation time: 20 mins

cooking time: 20 mins (only for the meat balls)

Region: Puglia (Salento)