

Episode #13b

Polpettine o Gnocchetti di Ricotta in Brodo con Julienne di Verdure **(Ricotta Dumplings in Vegetable broth garnished with Julienne Veggies)** (Serves 6)

Ingredients:

8 cups or 2 Lt. Vegetable or chicken broth
6 green onions, *cleaned green portion removed and sliced thin*
1 med. carrot, cut julienne style
2 ribs celery, white portion only
-sliced julienne style

Ingredients for Stuffing:

220gr. or 8 oz. dry ricotta
2 large whole eggs
50 gr. or 2 oz. dry breadcrumbs
50 gr. or 2 oz. grated cheese
2 Tbsp. parley, chopped
140 gr. or 5 oz. whole wheat flour

Method:

1. In a bowl, combine the ricotta, egg, breadcrumbs, grated cheese, parsley and 3 tablespoons of flour. Mix well to incorporate all the ingredients, let rest for 15 to 20 minutes.
2. In a pot over medium high heat, bring the broth to a boil, then add the julienne vegetables and lower heat to a simmer.
3. Place the remaining flour on a tray and using a spoon make the dumpling, half the size of a golf ball. Roll them in the flour.
4. Raise the heat of the broth and cook the dumplings in the broth, when they float to the surface they are ready.
5. Do not allow the broth to cook for much longer after the dumplings have floated to surface as they can become too soft and may break apart.
6. If not ready to serve, keep the heat low.

EVOO = Extra Virgin Olive Oil

