

Polpette di Melanzane con Passata di Pomodoro

(Eggplant Balls with Passata)

(Serves 4)

Ingredients for;

2 med. eggplant peeled, *cut in cubes salted, allow to drain*
4 Tbsp. **Evo**
3 oz. or 100 gr. grated cheese
Preferably: parmiggiano-Reggiano
2 sprigs green onions; finely sliced
5 oz. or 150 gr. old dry bread, *lightly soaked in water and crumbled*
3 Tbsp. parsley, chopped
10 leaves basil, chopped
1 whole egg
2 cloves garlic, chopped
2 cups or 310 gr. dry bread crumbs
vegetable oil for frying eggplant rolls

Ingredients for passata:

2 Tbsp. onions, finely chopped
3 Tbsp. **Evo**
3 leaves basil, broken with hands
2 cups or 500ml. tomato passata
1 cup or 250 ml. water
salt & pepper

Method:

1. In a frying pan over medium high heat, add the **Evo** and chopped garlic. As the garlic begins to fry, add the water drained eggplant cubes and cook until the eggplant is soft to the fork, pureè using a fork.
2. Place eggplant in a bowl and let cool. Add the grated cheese, soaked bread, green onions, egg, parsley and basil to the cooled eggplant pureè and mix well with your hands until a smooth dough is formed.
3. Add 4-5 tablespoons of the dry bread crumbs, mix and let rest for 10-15 minutes. Using your hands form into golf sized balls and roll them in the dry bread crumbs. Let rest.

Method for Passata:

4. In a saucepan over medium high heat, add the **Evo** and chopped onions. Cook for 3-4 minutes until the onions become translucent. Add the passata, water, basil and bring to a boil, cooking for about 10-15 minutes. Adjust to personal taste with salt and pepper.
5. In a frying pan over medium heat, add the vegetable oil, heat until ready to fry approximately 325 F. Fry the eggplant balls, then place on a plate lined with paper towels.
6. **To Serve:** In an antipasto plate place 2-3 tablespoons of passata, then place the eggplant balls on top

EVOO = Extra Virgin Olive Oil

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