

POLPETTE DI MELANZANE (EGGPLANT BALLS) – SHOWCASED AT THE TASTE OF PUGLIA EVENT

Ingredients:

Egg plants (2) 800 gm

Breadcrumbs 120 g

Parmesan grated 120 g

2 eggs

1 clove of garlic

Black pepper (to taste)

Fine salt (to taste)

Parsley -a small bunch, chopped finely.

Preheat oven to 200

Method:

Bake eggplants in oven (on oven paper) 200 for about 1 hour.

Take out and let cool a bit

From the green end, peel and discard skin

Put pulp into a colander over a bowl and push down with a fork to drain off liquid

Take drained pulp and mash adding in eggs, then crushed garlic, parmesan, salt and pepper.

Mix and if still very moist add in some of the breadcrumbs and then chopped parsley.

Form any size balls you want, roll in the remaining breadcrumbs

Set aside or in the fridge for a bit to become firm (say 10 minutes-1 hour)

Put in oven preheated to 200, drizzle with oil or spray with EVOO and cook for about 15-20 mins, turning at 10 minutes or as you like until browned.

You can fry them in oil as well. 170 degrees for 2-3 minutes. Drain.

If you want you can make or buy a good quality passata, add in basil, oil and salt

Also you can make ahead, but do not cook until ready to use. You can store them in an airtight container in the fridge for a day.