

Meatballs Alla Vedova



Makes 12 - 14 Prep 25 mins Cooking 15 mins Easy but messy

Ingredients

320g veal mince
240g ricotta
100g parmesan
80g grated breadcrumbs
2 eggs , beaten
2 small handfuls parsley
2 small handfuls chopped basil chopped
white pepper
olive oil
vegetable oil for deep-frying
polenta for rolling

1. Put the veal, ricotta, parmesan, breadcrumbs, garlic and egg into a large mixing bowl and turn over several times with your hand to mix the ingredients thoroughly. Add the parsley and basil with a good pinch of salt, a good sprinkle of white pepper and a dash of extra virgin olive oil, and mix until all the ingredients are evenly distributed.
2. Fill a saucepan 1/3 full with vegetable oil and turn up the heat to high. Also heat the oven to 180C/fan 160C/gas 4. Meanwhile, roll the veal mixture into even balls. They should be roughly the size of small golf balls. Roll them in the polenta until fully coated. When the oil reaches 190C (or until a cube of bread browns in 30 seconds), lower the balls into the oil in batches and deep fry for 2-3 mins until just coloured. Remove, drain, and put on a baking tray. Finish them in the oven for a further 10 mins, or until golden brown and cooked through. If you chilled the meatballs & have to reheat, allow 20 mins.