

Polpette di Melanzane Recipe

Serves: 4 | **Prep Time:** 100 Min | **Cook Time:** 70 Min | **Difficulty:** Medium



INGREDIENTS

- 1 large or 2 medium Eggplants (800 grams)
- 3.5 ounces (100 grams) of Stale Bread Chunks (no crust)
- 3 ounces (80 grams) of Pecorino Romano Cheese
- 7 ounces (200 grams) of Breadcrumbs
- 4 Eggs
- 1 sprig Parsley
- 4 tablespoons Olive Oil
- Salt to taste
- Black pepper to taste

DIRECTIONS

1. Split the eggplants lengthwise and make incisions with a knife on the pulp forming a grid. Season with a pinch of salt and brush with olive oil, transfer to a baking tray lined with oven-safe paper and place in the oven at 400°F for at least an hour, then remove from the oven and leave to cool.
2. Remove the eggplant pulp with a spoon and put it in a colander placed over a bowl for about an hour, occasionally pressing the puree lightly to remove as much liquid as possible.
3. Transfer the eggplant pulp into a large mixing bowl, add the bread chunks cut into cubes, the beaten eggs, the pecorino romano cheese and a sprig of chopped parsley. Mix everything and add salt, now add the breadcrumbs, starting with only half the amount and gradually add as much as needed until you obtain a dry mix that can be formed into balls. This amount can vary based on the humidity remaining in the bread and the eggplants.
4. Form meatballs the size of a golf ball, dip them in the beaten eggs and then in the breadcrumbs. Fry them in a neutral oil (I used peanut oil) at 350°F until golden.
5. Drain the meatballs on a paper towel and serve while still crunchy and warm.