

Veal Polpettes

Portions: 8 to 12 (about 35 polpettes)

Preparation: 45 minutes

Cooking time: 3 hours

10



Ingredients

Sauce:

1 onion, diced
2 garlic cloves, minced
 $\frac{1}{3}$ cup (85 ml) of extra-virgin olive oil
2 bottles of 24 oz (680 ml) of strained tomatoes
1 l(4 cups) of salted chicken broth or veal stock
2 bay leaves
2 sprigs of rosemary

Meatballs:

3 $\frac{1}{2}$ lbs (1.5 kg) of ground veal
4 eggs
1 $\frac{1}{2}$ cup (375 ml) of Italian flavoured breadcrumbs
4 garlic cloves, minced
2 onions, diced
2 cups (500 ml) grated Parmigiano-Reggiano cheese
 $\frac{2}{3}$ cup (170 ml) 35% cream
1 tsp (5 ml) dried oregano

Steps

Sauce

1. In a large Dutch oven, cook until tender the onion and garlic in the olive oil over very low heat.
2. Add all other ingredients and let simmer while preparing the meatballs.

Note that this sauce is much more liquid than a traditional one, and that is normal. It will allow the meatballs to cook well without falling apart, and you will have plenty of sauce.

Meatballs

1. Preheat the oven to 285 °F (140 °C).
2. In a large bowl, mix well with your hands all the ingredients to obtain a homogeneous paste.
3. To help you to shape the meatballs, slightly wet your hands with water in between each ball.
4. Transfer the meatballs into the hot sauce, cover, and cook in the oven for 2 or 3 hours, until the sides of the dutch oven show signs of caramelization.