



Polpette di Melanzane

from Catherine's Italian Kitchen

Ingredients

2 large aubergines,
roasted
Olive oil, extra virgin
Salt and ground black
pepper
200g breadcrumbs
125g grated pecorino
4 large cloves of garlic
finely chopped
2 tsp chopped mint
1 tsp oregano
2 egg yolks
Pinch of nutmeg
Salt and pepper, to taste
To serve
300g spaghetti



Method

Halve the aubergines, rub with oil, sprinkle with salt and black pepper. Place them on a tray and put into a preheated oven of 175-180 for 25-30mins. Then you are ready to make the polpette.

When the aubergines are, allow them to cool slightly and scoop out the flesh and place in a sieve to squeeze out the excess liquid. Mash the garlic with the aubergine and the combine the bread crumbs with the grated pecorino, mint, oregano, eggs and nutmeg.

Add the aubergine flesh and add salt and pepper to taste. Mould the mixture into balls about the size of golf balls and test one small ball first to make sure that you have the seasoning correct.

Heat a frying pan with oil, fry off the polpette until they are golden, turning from time to time and taking care not to crowd the pan, you will need to do them in two batches. When they are cooked, place them on kitchen towel.

Pour off the oil, lower the heat and add the tomato sauce. Simmer the polpette gently in the sauce for ten to fifteen minutes or place them in the oven for 15 minutes. Cook the spaghetti and serve with the Polpette and tomato sauce

