



Polpette Di Acciughe

2 lb fresh anchovies, cleaned and chopped (907g)
3/4 cup breadcrumbs (176ml)
1 egg
salt to taste
2 garlic cloves, finely chopped
a bunch fresh flat leaf parsley, finely chopped
3/4 cup freshly grated parmigiano cheese (176ml)
1 cup white wine (235ml)
extra virgin olive oil, for deep-frying
tomato sauce*, as much as you need, optional

Com Si Fa?

- Place anchovies, breadcrumbs, egg, salt, garlic, parsley, parmigiano cheese and wine in a mixing bowl. Combine the ingredients together well using your hands.
- If the mixture is too dry, add more wine, or if it's too wet, add more breadcrumbs.
- Scoop mixture, in the amount of an egg, onto the palm of your hands and form into a compact ball. Repeat until mixture is consumed.
- Heat up extra virgin olive oil in a deep pan.
- Gently place balls in the hot oil, a few at time, and fry until golden brown. Turn balls over to cook on all sides.
- Transfer to a plate with an absorbent paper towel.
- Serve immediately or place into simmering tomato sauce for a few minutes. Serve with extra sauce.
- See David Roccol's Dolce Vita 'salsa di 5 minuti' recipe for tomato sauce.

Per 4 persone



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