



Polpette Di Vittorio

2 lb ground beef (914g)
a bunch of fresh flat leaf parsley, chopped
sea salt and freshly ground black pepper, to season
1 cup parmigiano cheese, freshly grated (235ml)
1 cup breadcrumbs, finely grated (235ml)
1 teaspoon nutmeg, freshly grated (5g)
3/4 cup milk (176ml)
1/4 cup extra virgin olive oil (58ml)
large lemon leaves, 2 per meatball

Com Si Fa?

- Place ground beef, parsley, salt, pepper, parmigiano cheese, breadcrumbs, nutmeg, milk and extra virgin olive oil in a mixing bowl.
- Mix all the ingredients together well.
- Scoop mixture into the palm of your hands and form a meatball.
- Flatten out the meatball so that it resembles a meat patty. Place the meat patty between two lemon leaves.
- Repeat process until mixture is consumed.
- Cook on a grill for a few minutes on each side. As they cook, the oils from the lemon leaves will infuse the meat patties with lemon flavour.
- Use a tong to securely lift and turn over each meat patty so that it remains sandwiched between the two lemon leaves as it cooks.
- Transfer the meat patties (still sandwiched between the lemon leaves) to a serving platter and serve immediately.
- Your guests should discard the lemon leaves and eat the meat patties.

Per 4 persone



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