

heute gibt es...

## Eggplant meatballs with tomato sauce



### Ingredients(For about 16 balls)

#### **For the tomato sauce:**

- 2 cans peeled tomatoes
- 1 small onion
- 1 clove garlic
- 2 EL Olivenöl
- 10 basil leaves
- Salt and pepper
- optional: soda, dried basil

#### **For the Polpette:**

- 1 eggplant (about 230g cleaned)
- 130g Paniermehl
- 1 egg
- 130g grated Parmesan cheese
- some flour
- tasteless oil for frying
- Salt, pepper, nutmeg

### Preparation:

#### **Tomatensugo:**

1. clean onion and garlic and chop both finely.
2. The oil in a saucepan, add onion and garlic and fry until soft.
3. Then the tomatoes - after removal of the shank - coarsely chop and add.
4. Adjust the heat of the oven so that the Sugo slightly simmering and cook for about 45 minutes. The finished tomato sauce should be thick, but so that the tomato pieces are still recognizable.  
HintIn my family we use always a little baking soda to neutralize the acid. If you want this also to try, then the soda give about 20 minutes after the start of cooking in the sauce.  
But beware: Go sparingly in order, otherwise the sauce has a funny taste that you get little more away. As a guideline for this amount Sugo: about 1 pinch of baking soda.
5. add salt to Sugo for about 5 minutes before end of cooking and pepper, chop the basil leaves and stir into the sauce.

#### **Meatballs:**

1. Eggplant clean, chop and boil in salted water for 10 minutes. The dice then strain and as they become lukewarm puree with a hand blender.
2. Breadcrumbs, egg and Parmesan eggplant to mass add and mix well with your hands. Season with salt, pepper and nutmeg and set for about 15 minutes in the refrigerator.
3. Once the mass no longer sticks to your hands, the balls form with your hands. These should be like a 2 € coin about the size of the diameter.
4. Heat the oil for frying in a pan, lightly flour the the balls and golden brown in hot oil, stirring frequently - or to taste a bit crispy - roast meat.

5. give the finished balls on absorbent paper so that the excess oil can thereby be absorbed.

The eggplant meatballs served (hot or lukewarm) on something warm tomato sauce and garnish with basil.