

Catalan veal meatballs, crushed tomato, black olives, egg pasta - Virtual Workshop version

Recipe for 2

Description

Catalan recipe, rich in flavor and heartwarming.

Note

You can replace the beef with any type of minced meat, but be careful, every meat has its own cooking time.

And decorate with any green herbs you can get your hands on.

Enjoy !

Ingredients

Meatballs

- 1 Unit(s) Egg
- 1 Pinch(es) Cinnamon
- 3 Clove(s) Chopped garlic
- 0.50 Unit(s) Green onion
- 2 Tbsp Japanese breadcrumbs (panko)
- 350 Gr Ground veal
- 1 Tbsp Flour
- Salt and pepper
- Olive oil

Garnish

- 250 Gr Tagliatelle
- 0.50 Unit(s) Green onion
- 0.50 Unit(s) Lemon juice
- Salt and pepper
- Olive oil

Preparation

- Preparation time **60 mins**
- Preheat your **Oven** at **375 F°**

Tomato sauce

- 0.50 Unit(s) Yellow onion
- 1 Tbsp Tomato paste
- 0.50 Cup(s) White wine
- 0.50 Can(s) Can of crushed plum tomatoes (28 oz)
- 0.50 Cup(s) Pitted black olives
- 1 Tbsp Dried Oregano
- 0.50 Cup(s) Water
- Salt and pepper
- Olive oil

Finishing touches

- 2 Handful(s) Baby spinach
- Salt and pepper
- Olive oil

To prepare before class

Peel and chop the garlic

Keep the egg on the counter 1 hour before class

Strain the black olives

Salt, pepper, olive and vegetable oil.

You will need:

1 cutting board, 1 chef knife, 1 pairing knife, 4 small bowls, 1 pot, 1 pan and 1 oven

Prep with the chef

Cut the green onion in thin juliennes. Finely chisel the yellow onion, press the lemon juice.

Meatballs

In a large bowl, whisk the egg with the spices, salt and pepper. Add in the garlic, green onion, panko and mix.

Add in your meat. Mix well with your hands or a spatula, to make a homogenous mixture.

Make balls of about 1 inch in diameter. Then put them on a plate and let set in fridge for 10 minutes.

Roll them in some flour, remove excess flour by moving them hand to hand.

In a large anti adhesive pan, sauté them in some canola oil and a bit of butter if you want until golden brown on each side.

Tomato Sauce

In a pot on medium heat, cook the chiseled onion in some olive oil for a couple minutes, until slightly colored. Add in the tomato paste. Cook for 1 minute while mixing.

Deglaze with the white wine, let reduce to half of it's original quantity.

Add in your tomatoes, black olives and oregano.

Pour the water on top and simmer for 15 minutes.

Dressing and finishing touches

Gently put the meatballs in the tomato sauce. Let simmer for about 15 minutes on the stove or in the stove, as you wish. Until the meatballs are fully cooked to your liking. Taste and rectify seasoning if needed.

Add the spinach, mix and serve in a nice bowl, with your green onions as decoration..

Bon appétit!