

Three cheeses Fondu parmesan, fresh basil and oregano tomato sauce,

Recipe for 4 persons

Description

Perfectly made Mornay Sauce with Swiss cheese, Parmesan cheese and mascarpone, molded then breaded with a mixture of traditional and Panko bread crumbs, topped with an original Italian tomato sauce fresh basil and oregano

Note

Make sure you control well the temperature when adding the cheese, if it's too hot cheese will melt too quickly and will do an unpleasant layer of fat on top.

Ingredients

Fondu parmesan

- 60 Gr Butter
- 120 Gr Flour
- 425 Ml Milk
- 500 Gr Grated parmesan
- 500 Gr Swiss cheese
- 200 Gr Mascarpone
- Olive oil
- Vegetable oil
- Salt and pepper

Tomato sauce

- 2 Lb Italian tomatoes
- 1 Unit(s) White onion
- 2 Clove(s) Garlic
- 75 Ml White wine
- 50 Gr Butter
- 25 Ml Olive oil
- 1 Bunch Basil
- 3 Sprig(s) Fresh oregano
- 150 Ml Chicken stock
- 3 Sprig(s) Thyme
- Olive oil
- Vegetable oil
- Salt and pepper

Breading

- 100 Gr Breadcrumbs
- 100 Gr Japanese breadcrumbs (panko)
- 100 Gr Flour
- 100 Ml Milk
- 3 Unit(s) Egg
- 5 Gr Salt
- Olive oil
- Vegetable oil
- Salt and pepper

Preparation

- Preparation time **30 mins**

Set up

Chop the onion, chop the garlic, chop the basil, Pick the leaves off the oregano and chop it, heat the chicken stock, cut the tomatoes into quarters.

Fondu parmesan

Melt the butter in a saucepan over medium heat, add the flour, mix well then add the milk until the flour is browned, stir vigorously with a whisk until the mixture thickens and becomes smooth. Turn down the heat then stir in it the Parmesan and the Swiss cheese gradually using a wooden spoon. When the mixture become homogeneous, remove it from the heat and add the mascarpone chese to it. Pour the mixture in candy molds Cool them until you can unmold them and handle them with the fingers without distortion.

Breading

In a bowl, beat the eggs with the milk, add salt and pepper. Mix the traditional breadcrumbs and Panko Take each one of the cheese balls you have fashioned and roll it in the flour, then in eggs mixture, now toss it in the crumbs mixture. Cook them deep fried few minutes until obtaining a beautiful coloring.

Tomato sauce

In a hot pan, sweat the onion in the butter and olive oil, once slightly caramelized add the garlic, thyme, half the basil and half the oregano and cook for one minute, deglaze with the white wine, boil then and add the tomatoes and mix well, now add the broth. Cover and cook over low heat 30 minutes. Blend with a hand mixure then add the other half of fresh herbs. Correct the seasoning and keep warm.

Plating

In a small plate, place a large drop of sauce then stretch it with a spoon to give it a comma shape, harmoniously drop 2 or 3 Parmesan fondue and sprinkle with some fresh basil leaf.

Bon appétit!