

Veal meatballs with Mascarpone, tomato sauce, fried onions and basil |

Recipe for 12 Tapas

Description

The flavors of Italy. A savoury tomato sauce, rich meat balls with mascarpone and served with fresh basil.

Note

If you use another kind of minced meat, this will not change the quantities of the recipe. However, be careful with the cooking time, which may vary.

Ingredients

Meatballs

- 100 Gr French shallot
- 400 Gr Ground veal
- 100 Gr Mascarpone cheese
- 10 Gr Japanese breadcrumbs (panko)
- 1 Unit(s) Egg
- 5 Gr Salt
- 0.50 Unit(s) Nutmeg
- Salt and pepper
- Vegetable oil
- Olive oil

Tomato sauce

- 150 Gr Red onion
- 1 Tbsp Olive oil
- 150 Gr Red pepper
- 3 Clove(s) Garlic
- 15 Gr Sugar
- 1.50 Tbsp Red wine vinegar
- 398 Ml Diced tomatoes
- 3 Sprig(s) Basil leaves
- Salt and pepper
- Vegetable oil
- Olive oil

Crispy onions

- 1 Unit(s) Onion
- 2 Tbsp Flour
- 200 Ml Canola oil
- 12 Leaf(ves) Basil
- Salt and pepper
- Vegetable oil
- Olive oil

Preparation

- Preparation time **30 mins**
- Preheat your **Oven** at **395 F°**

Preparation

Finely slice one onion. Finely mince the other onion. Mince the garlic and red pepper.

Slice the basil leaves.

In a mixing bowl, pass the sliced onion in flour and shake off the excess flour.

Meatballs

Finely chop the French shallots and add them to a mixing bowl with the rest of the ingredients.

Make a nice homogenous mixture and make 30g meatballs. In a hot skillet with oil, sear the meatballs. Transfer to a baking sheet and cook for another 12 minutes in the oven.

Tomato sauce

In a hot sauce pot with a little oil, sweat the red onions, reduce the heat and add the red peppers.

After one minute, add the sugar and garlic and then continue to cook for 5 minutes.

Add the red wine vinegar and let reduce to almost dry. Add the canned tomatoes.

Cook for another 10 minutes. Season to taste.

Remove from the heat and add the basil.

Fried onions

In a hot skillet with a good quantity of oil, cook the onions coated with flour. With a slotted spoon, remove the fried onions and let rest on an absorbent towel.

WARNING!

Be very careful when using large quantities of oil on a stove top. Fire hazard as well as a danger to children. Be vigilant. Let the oil cool completely before throwing away.

Plating

In the serving dish of your choice, place the tomato sauce on the bottom. Top with meat balls. Place another spoon of sauce on top. Garnish with the fried onions. With a bit of mascarpone, garnish with whole basil leaves.

Bon appétit!