

Polpette Pizzaiola

Meatballs with tomato sauce



Francesco Totti, Italian legend. The highest scorer for Roma, he went on to make some actually amusing phone ads. So... Talented, funny, handsome and great legs. Totti by name.....

Method

Soak the bread in water until soft. Drain and squeeze out excess water.

Finely chop onion, garlic and parsley, mix in a big bowl with the egg and seasoning.

Form into balls.

Gently fry ½ onion

Raise the heat and add the polpette to brown

Add the canned tomatoes and cook, covered, on a low heat for at least ½ hour, preferably longer.

If it gets dry add more oil.

One star for each world cup, (second only to Brazil)



Spaghetti meatballs? - noooooo

Apparently that's an American thing

Ingredients

- | | |
|-----------------|------------------------|
| Olive oil | Salt and pepper |
| Mince 300 gm | origano |
| Onion | Nutmeg |
| Bread 100 gms | Pizzaiola Sauce |
| Parsley fistful | ½ onion |
| Parmesan 30gm | Canned tomatoes 400gms |
| Eggs 2 | |

