



**Polpette alla Fiorentina  
(Florentine Meatballs)**

**Ingredients:**

- 500 gr. minced veal meat
- 100 gr. grated pecorino
- 200 gr. dried bread
- ½ glass of milk
- 800 gr. peeled tomatoes
- 3 cloves of garlic (chopped)
- 2 eggs
- 1 onion
- 1 stalk of celery
- 1 carrot
- 100 gr. chopped parsley
- 1 lemon peel finely chopped
- Extra virgin olive oil
- Salt and pepper
- 3 tablespoons of breadcrumbs
- 3 tablespoons of flour
- A pinch of nutmeg
- A pinch of hot pepper

**Directions:**

Soak the bread in milk until it has softened.

Put the meat, half the parsley, chopped garlic, eggs, and the pecorino cheese in a bowl. Squeeze the milk from the bread and cut into small pieces. Add it, the nutmeg, lemon peel, salt and pepper to the bowl and mix well with your hands.

Scoop the meat with a tablespoon, shaping it into small balls which are a bit flat. Coat them with a mixture of breadcrumbs and flour. Sprinkle bread crumbs on a large plate and place the meatballs

on it. Cut the carrot, onion and celery into small pieces and sauté them in a large skillet. When they are soft, add the tomatoes, the hot pepper, the remaining parsley and salt and pepper to taste. Mix well and add the meatballs. Cover and simmer over moderate heat for about 30/40 minutes. Check occasionally to see if the sauce is too dry adding hot water or broth if needed. Sample and if the sauce needs salt and/or pepper adjust to taste.

Serve hot.