

## Pallotte Cacio e Uova – Abruzzese Vegetarian Meatless Meatballs

Ingredients	Preparation
<p><b>Ingredients:</b>  <b>For Meatless Balls:</b>            2 cups Stale bread            1 cup Pecorino cheese, grated            2 Eggs            2-3 tablespoons Milk            2-3 spoons Parsley, chopped            Salt/Pepper to taste</p> <p><b>For Sauce:</b>            ½ Carrot, diced            ½ Onion, diced            ½ Bell Pepper, diced            1 Garlic Clove, chopped            2 cups Tomato Sauce</p> <p><b>Suggested Wine Pairings:</b>            Natural Wines from <u>Febo Winery</u>:  <u>Parella White Wine</u>  <u>Rolland Pecorino Wine</u>  <u>Cerasuolo d’Abruzzo</u>  <u>Rosè Wine</u>  <u>Montepulciano</u>  <u>d’Abruzzo Red Wine</u>  <u>Organic Extra Virgin Olive Oil</u></p> <p><b>Serves: 2 portions</b></p>	<ol style="list-style-type: none"> <li>1. Sauté in a little olive oil the carrot, onion, and bell pepper. When soft, add the garlic and sauté another moment until all is soft. Add in the tomato sauce and let simmer, stirring occasionally, until thickened while you prepare the meatless meatballs.</li> <li>2. Break your stale bread into manageable chunks and, in a food processor, blend the bread until it they are fine crumbs. In a bowl mix the crumbs, parsley, and pecorino cheese.</li> <li>3. Add the eggs, milk and salt/pepper. Mix all well, kneading until it becomes a homogenous dough. Add milk if necessary to moisten the dough. Begin to roll pieces of the dough into ball shapes in the size of your desired ‘meat’balls.</li> <li>4. In a saucepan or deep skillet, heat approximately 2 inches of olive oil. When ready to fry, gently add a few balls at a time, letting them cook for a few minutes, until golden brown. While cooking, if they are not completely covered by the oil, be sure to turn and move them frequently.</li> <li>5. When cooked, gently pat away excess oil with a paper towel, then gently nestle the balls into the sauce. Let them simmer and cook together for 15-20 minutes before serving.</li> </ol>

This recipe is courtesy of the Febo Family in Abruzzo, Italy.

In Abruzzo, a land between mountains and the Adriatic Sea, sheep herding and farming have long been an integral part of the area. In a recipe such as these *pallotte*, we see this clearly. Created using pecorino sheep's milk cheese and eggs, these 'meatless meatballs' are a classic Abruzzese dish utilizing also stale bread, showcasing the 'waste not want not' mentality of Italy's classic country dishes. Easy to create, this dish is filling, yet light and enjoyable.