

Timballo di Teramo – Abruzzese Lasagna

Ingredients	Preparation
<p>For Sauce: 1 Garlic Clove, minced ½ Onion, chopped finely 3 cups Tomato Sauce Extra Virgin Olive Oil Optional Herbs such as Basil, Oregano, Rosemary, or Thyme Salt/Pepper</p> <p>For Scrippelle Crepes: 4-5 tablespoons Flour 4 Eggs 1 tablespoon Butter, melted 3 tablespoons Milk Dash Ground Nutmeg Pinch Salt</p> <p>For Meatballs: ½ - ¾ pounds of Ground Beef and/or Pork 3 tablespoon Grated Pecorino 3 tablespoon Breadcrumbs 1 Egg Salt/Pepper to taste</p> <p>For Timballo Layers: 2 cups Mozzarella in small cubes 1 cup Grated Parmesan or Pecorino 1 stick Butter 1 Egg (for egg wash)</p>	<ol style="list-style-type: none"> 1. Prepare your sauce by gently sauteing the chopped onion in extra virgin olive oil until soft, then adding the minced garlic. Before allowing them to brown, add the tomato sauce. Bring to a simmer and add your herbs of choice and salt/pepper. Let gently simmer for 15-20 minutes while preparing the rest of the Timballo components. 2. Prepare next your scrippelle by sifting the flour and stirring in the eggs, melted butter, nutmeg and salt. Slowly add the milk a little at a time until a smooth consistency of crepe batter or a very loose pancake batter. Cover and let it rest for half an hour. Then heat a small skillet or a crepe pan on the stove. Lightly grease the pan with a small amount of butter, then gently ladle enough batter to coat the bottom of the skillet, rotating the skillet gently to allow the batter to form an even, thin layer across the bottom of the skillet. After a few moments when the scrippelle is set and the edges are turning a golden color, gently flip it and let it cook a moment more on the other side. Remove, set aside and continue until all the batter has been used. 3. For the last component of the Timballo, mix the ground meat, egg, pecorino and breadcrumbs with a little salt and pepper. Form a series of very small meatballs, approximately marble sized, using all the

Suggested Wine Pairings:

Natural Wines from Febo Winery:

- Parella White Wine
- Rolland Pecorino Wine
- Cerasuolo d’Abruzzo
- Rosè Wine
- Montepulciano
- d’Abruzzo Red Wine
- Organic Extra Virgin
- Olive Oil

Serves: 8 portions

available meat. Once you have your meatballs, heat some extra virgin olive oil in a skillet or saucepan and fry the meatballs until cooked through. By keeping them small this should be just 3-4 minutes. Pat them dry with paper towels and set aside.

4. Now begin to build the Timballo, first by greasing a 9x12 lasagna or cake pan. Your first layer will be constructed of scrippelle, then mozzarella cubes interspersed with mini-meatballs, then some sauce to cover them. Finish the layer with a sprinkling of parmesan or pecorino and tabs of butter.

5. Begin to lay down the second layer, repeating the order from previously: scrippelle, mozzarella, meatballs, tomato sauce, parmesan or pecorino, and butter.

6. Build the third and final layer repeating again scrippelle, mozzarella, meatballs, tomato sauce, parmesan and butter.

7. To finish off the Timballo, lay a layer of scrippelle, tabs of butter, and finally a light egg wash for color.

8. Bake the Timballo in an oven at 350° for about 30 minutes, or until the top is a dark golden brown and bubbly. Cut into square portions to serve hot with a glass of wine.

This recipe is courtesy of Gaia Coci from Abruzzo, Italy.

A delicious dish, Timballo is also variable for your tastes! Play with the tomato sauce, adding herbs as you see fit, but make sure to prepare quite a bit. Timballo is best moist, so lay on thick the tomato sauce layer. If you make too much, no worries, just use it to dress your next bowl of pasta!