



WEEKDAYS 1e|12p|c



## Mama T's Polpettas

**skill level**
**easy**
**time**
**30-60min**
**servings**
**6 to 8**
**cost**
**\$**

 Contributed by: [Mama T](#)

Three primary ingredients play starring roles in these simple meatless meatballs.

### ingredients

1 large Eggplant (trim ends; cut in half)  
 1/2 cup Seasoned Bread Crumbs  
 1 cup Pecorino Romano Cheese (freshly grated)  
 Flour for dredging  
 Olive Oil for frying  
 Salt and Pepper to taste

### kitchenware

- Colander
- Mixing Bowl
- Saute Pan

### steps

### ingredients per step

### instructions

<b>1</b>	1 large Eggplant (trim ends; cut in half)	Place the eggplant in a pot of boiling water, skin side down, water not covering but surrounding it. Lower heat, cover and cook until soft. Remove to a colander skin side up and drain well (about an hour). The eggplant will be very soft.
<b>2</b>	1/2 cup Seasoned Bread Crumbs 1 cup Pecorino Romano Cheese (freshly grated) Salt and Pepper to taste	Transfer the eggplant to a bowl and chop it up until it is reduced to mush. Add the bread crumbs, grated cheese, and salt and pepper. If the mixture is too soft add some more bread crumbs.
<b>3</b>	Flour for dredging Olive Oil for frying	Roll the mixture into balls and dredge in flour. Fry the balls in olive oil until browned on all sides, about 8 minutes

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