



INGREDIENTS

1 KG of minced veal, beef & pork
1 day old bred (4 cups of crumb) cut into pieces.
1 cup of milk
1 cup of chopped scallions
½ cup of chopped fresh Italian parsley
3 eggs
1 TBSP of kosher salt
500 grams of fresh ricotta
½ cup of red wine
½ cup of Parmiggiano-Reggiano
Pinch of fresh nutmeg
½ cup of calabrese pitted olives
Salt & pepper for seasoning
1 whole cubed mozzarella

NOTES

For best result ensure that all of your ingredients are at room temperature.



POLPETTONE THE ITALIAN MEATLOAF

By Caterina Romano's kitchen

DIRECTIONS

1. Preheat oven to 400 DF.
2. Place the meats in a large bowl and using a wood spoon mix to combine together.
3. To your bread add the milk. Mix with a fork and you will see that the bread completely soaks the milk.
4. Back to the meats. Add the scallions and parsley.
5. Scramble the eggs, season them with a pinch of kosher salt. Make a well in the middle of the meats and add the scrambled eggs. Mix thoroughly.
6. Add the ricotta and mix until it evenly incorporates with the meat's mixture.
7. Squeeze the soaked bread and remove as much of the milk as you can. Transfer the bread to the meat mixture and using your hand mix thoroughly until everything is incorporated.
8. Add the wine, cheese, nutmeg and the olives. Season to taste with salt & pepper. Using your hand, mix until all ingredients are incorporated.
9. Lastly add the mozzarella and give a final mix.
10. Coat a baking pan with olive oil. You can roll the meat into logs or other shapes. I rolled mine into a heart. Brush the top of the Polpettone with olive oil before baking.
11. Cover the baking pan tightly with aluminum foil and bake for 45 minutes. After this time, remove the aluminum foil and bake for an additional 45 minutes.
12. Once baked, allow the Polpettone to rest for 20 minutes before serving.
13. You can serve Polpettone slices with a marinara sauce or polenta.

ENJOY THE POLPETTONE