



“Italian Pantry”
Shopping List for the recipe:

Polpette di Melanzane
Eggplant Meatballs

~From the website & blog~
www.mark-leslie.net

Check your pantry for these items:

- 2 slices day-old rustic bread (Tuscan boule or similar) HAVE: BUY A LOAF:
- 1 cup plain dried bread crumbs HAVE: BUY:
- 2 cloves garlic HAVE: BUY:
- 2 eggs HAVE: BUY:
- 2 tablespoons plus ½ teaspoon Kosher or sea salt HAVE: BUY:
- ½ teaspoon black pepper HAVE: BUY:
- (If you are like me, I prefer to use freshly ground black pepper, so check your pepper mill to make sure you aren't running low on black peppercorns)
- Sunflower oil for frying (vegetable or canola oil may be substituted) HAVE: BUY:

RECIPE CALLS FOR:

- 3 large eggplants (3½ to 4 pounds)
- 1 cup grated Parmigiano-Reggiano cheese (purchase a ½ pound wedge).
*If you can't find this type of cheese, look for Grana Padano or a Pecorino Romano. Any hard, dry Italian cheese that is easy to grate will work fine.
- ¼ cup fresh Italian flat-leaf parsley (buy 1 bunch)

What can I do with the any leftover ingredients?

-Parmigiano-Reggiano cheese. To store, wrap the leftover cheese, after grating, in plastic wrap and store that inside a plastic re-sealable bag in your fridge. It will keep for several weeks.

*WITH THIS INGREDIENT MAKE: Use this cheese grated on top of a frittata, a salad, your favorite pasta dish, or a pizza. Using a vegetable peeler, shave thin strips to top an arugula or Caesar salad or place inside a *panino* before heating. Often, Italians serve this cheese, broken into chunks from a wedge, drizzled with honey and walnuts as a dessert.

-Fresh Italian flat-leaf parsley. Always make sure you give the parsley a good wash when you get it home—it can often be sandy. To extend its life, cut the bottoms of the stems and place in a glass of fresh water and place in the fridge. Your parsley will survive days longer this way. Oh, Curly Parsley is NOT the same, so try to use flat-leaf, whose flavor is leap years beyond its curly cousin.

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