



“Italian Pantry”
Shopping List for the recipe:

Polpette
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:
- 1/2 cup plain dried bread crumbs HAVE: BUY MORE:
- 2 eggs HAVE: BUY MORE:
- 1 large clove garlic HAVE: BUY MORE:
- 1/2 teaspoon nutmeg (I prefer freshly ground, but pre-ground is ok, too.) HAVE: BUY MORE:
- 1 teaspoon Kosher or sea salt HAVE: BUY MORE:
- 1/2 teaspoon black pepper HAVE: BUY MORE:
(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 MORE:

RECIPE CALLS FOR:

- 1/2 pound ground veal
- 1/2 pound ground turkey (or ground pork)
- Grated Parmigiano-Reggiano cheese for garnish (purchase a 1/2 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.

*For the *SUGO* (sauce) ingredients, see the shopping list for “Day 2- Nonna’s Simple Sauce”

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.