



Veal Polpette on Rosemary Tips
*Pairs with Mirassou® California Pinot Noir
or Mirassou® Monterey County Chardonnay*

Preparation time, 10 minutes

Cooking time, 10 minutes

1 slice white bread
¼ cup milk
24 Rosemary tips (usually sold about 12 to the package)
¾ pound fresh ground veal or ground turkey
1 egg
3 tablespoons minced shallot
2 teaspoons minced or pressed garlic
4 tablespoons finely grated Parmigiano Reggiano Cheese
1 pinch nutmeg
2 teaspoons coarse Kosher salt
¼ teaspoon freshly ground black pepper
¾ cup unseasoned breadcrumbs
Vegetable or canola oil as needed for frying

Tear the bread into small pieces and mix with the milk in a mixing bowl. Strip the needles from the lower portion of each Rosemary stem, leaving the tips intact. Set the stems in a small glass of water until ready to use. Mince the needles and add two teaspoons to the bread, reserving the rest for another use. Add the remaining ingredients except the breadcrumbs and oil. Work the ingredients with clean hands until the mixture just comes together, but do not over-mix.

Using one rounded tablespoon measure, make a ball of the meat mixture gently between your palms, then roll back and forth once or twice to make the ball into an egg shape. Coat the ball with dry breadcrumbs and set aside on a cookie sheet. Repeat as necessary.

To cook, Place one quarter-inch of oil in the bottom of a heavy skillet, and warm it over medium heat. When the oil is hot, fry the polpette in batches, turning as needed to brown them evenly, then remove them to a paper towel-lined plate to drain. When cool, skewer each piece with a rosemary stem and place on a baking sheet. Warm at 350 degrees F for five minutes and serve immediately.

Garnish the plate with fresh chopped herbs or grated Parmigiano Reggiano. Leftovers can be removed from the skewers, simmered in a simple pomodoro sauce, and served with pasta.

Makes 24 pieces