

# Recipes from Sunday Supper on February 26, 2023

Carol Verga, unit 8404

## Eggplant Pasta Sauce

- Canned whole San Marzano tomatoes
  - Canned crushed tomatoes
  - Large onion
  - As much diced garlic as you like
  - 1-3 eggplants
  - Olive oil
  - Oregano, salt, pepper and red pepper flakes
  - Italian spice mix
1. Wash and cut eggplant into 1/2 inch dice. If you don't like the skin, peel it off. Or peel it off in stripes leaving just some of the skin.
  2. Sauté in olive oil allowing it to brown slightly.
  3. Cut up onion into small dice and add to the cooking eggplant to soften. Add the minced garlic now also.
  4. Hand crush the whole tomatoes saving the juice. You can use diced tomatoes if you prefer.
  5. Add to cooked eggplant along with the can of crushed tomatoes and whole tomatoes juice saved from crushing them.
  6. Add oregano, salt and pepper, and red pepper flakes to your taste for spicy. Add Italian spice mix to your taste.

7. Slow cook until the eggplant is almost dissolved into the sauce. Can take up to 4 hours if the eggplant isn't cut up small. Stir every 15 minutes or so.
8. Just before serving adjust seasonings to your taste and add a handful of grated parmigiana cheese. Stir in completely.
9. Cook pasta al dente and save one cup of pasta water. Drain pasta and return to pot. Add the sauce and stir to coat the pasta. Add pasta water to thin if needed. Finish cooking the pasta in the sauce.
10. Serve with added sauce on top, cheese and top with a swirl of olive oil if you like.

## **Meatballs**

- Sweet Italian sausage. Ground beef if you wish.
  - White bread or Italian bread slices with the crust removed
  - Whole milk
  - Minced onion
  - 1-2 eggs
  - Fresh chopped parsley
  - Porcini powder, Italian spice mix. These are optional.
  - Flour for coating the meatballs.
1. Italian sweet sausage without fennel seeds if you can find it. If not, use as it comes. Mix with ground beef if you want to moderate the sausage taste. Lightly mix together.
  2. Make a pastata of white bread and milk. Add just enough milk to wetly moisten the bread.

3. You can use bread crumbs if you prefer but the meatballs will be heavier.
4. Mince onion and add to bowl. Add fresh finely chopped parsley. Salt and pepper. Add Italian seasoning mix if you like it.
5. Add one or two whisked eggs depending on how much you are making.
6. If you have porcini powder, consider adding a light sprinkle to the mix.
7. Mix together by hand making sure that each ingredient will end up in the meatballs as you shape them. Moisten your hands or coat them in olive oil to help with the shaping.
8. Shape into 2 inch balls or whatever size you prefer. Line them on a wax or parchment paper lined tray.
9. When they are all shaped, roll them in flour shaking off any excess.
10. Heat olive oil in large 12 inch pan and add the meatballs. Let them brown before you turn them. Turn so that all sides brown. This not only adds flavor but it helps hold the balls together as they cook in sauce.
11. Simmer in seasoned tomato sauce as it cooks.