

Italian veal ball, mascarpone, tomato and basil sauce

Recette pour 4

Description

A delightful recipe, rich and creamy veal when added with mascarpone. When mixed with a very accessible tomato sauce... that's a sure shot, here at l'Atelier, or at home.

L'idée déco

The tomato sauce, the longer you cook it, the less acidic it will be. Before molding all the balls, take a teaspoon of the mix and put it inside the microwave for 20secs or until fully cooked. That way, you will know what to add for the blend to be good enough to you likings beforehand.

Ingrédients

Veal ball

- 1 Unit(s) French shallot
- 300 Gr Ground veal
- 100 Gr Mascarpone cheese
- 1 Unit(s) Egg
- 5 Gr Salt
- 0.50 Unit(s) Nutmeg

Tomato & basil sauce

- 1 Unit(s) Red onion
- 1 Tbsp Olive oil
- 2 Unit(s) Red pepper
- 3 Clove(s) Garlic
- 15 Gr Sugar
- 1.50 Tbsp Red wine vinegar
- 1 Can(s) Can of crushed plum tomatoes (28 oz)
- 1 Bunch(es) Basil leaves

Préparations

Temps de préparation **45 mins**

Préchauffez votre Oven à 400 F°

Mise-en-place

Finely cut the red onion, the garlic and the red pepper. Same goes for the basil.

Veal ball

Cut the shallot into a brunoise and put it with all the remaining ingredients inside a bowl. Make sure that the farce you are making is homogeneous. In a high heated pan, colour the meatball vigorously while making sure they are still raw on the inside before putting them in the oven for 12mins at 400F.

Tomato & basil sauce

In a medium stewpot, on high heat, colour the red onions and then add the red peppers after lowering the heat.

After a couple minutes add in the sugar, the garlic and let everything come together for a good 5mins. At low heat, add the red wine vinegar and let the mixture cook until dry. Add in the crushed tomatoes.

Rectify and let the sauce on low heat for 10mins or so.

Taste again and add the chopped basil, off the heat.

Montage

In a medium bowl, pour in some tomato sauce and then 2-3 veal mascarpone balls. Tomato sauce again, on top. Put a couple basil leaves anywhere you want as decoration.

Bon appétit!