

PARSLEY AND PARMESAN "BREAD BALLS"

EQUIPMENT

Mixing bowl x 2	grater
Food processor	chopping board
Measuring cups and spoons	knife
Measuring scales	frying pan

INGREDIENTS

150g day-old bread, either multi-grain or sourdough, crusts removed, cut or torn into rough pieces	1/3 cup chopped flat-leaf parsley
1/2 cup milk	1 clove garlic
1 free range egg	sea salt and freshly ground black pepper
40g parmesan	1 cup Fast Basic Tomato Sauce
1 tablespoon coarsely grated firm Mozzarella	1/4 cup extra-virgin olive oil

METHOD

1. Put bread into a mixing bowl and pour over milk, then leave for 5 minutes. Squeeze bread and drop into food processor, discarding excess milk. Pulse briefly to form a mess of wet crumbs. Transfer to wiped out bowl
2. In another bowl, mix together egg, grated cheeses, parsley and garlic, then add to soaked crumbs. Add some salt and pepper to wet bread mixture and use your hands to squeeze and mix well. Taste and adjust seasoning with salt and pepper, if desired
3. Wet your hands and form the mixture into 2 cm balls, then place onto a plate. Line another plate with paper towel and have it nearby. Warm tomato sauce in a small saucepan over medium heat
4. Heat olive oil in a large non-stick frying pan over medium heat. Slide in fritters and flatten slightly with a spatula, then shallow-fry until golden on both sides. Transfer fritters to paper towel-lined plate. Serve fritters with tomato sauce spooned over and around them