Aubergine meatballs

Raciones para 1

- ❑ 2 Garlic cloves
- ❑ 2 Large eggplants
- ❑ 40 ml Water
- ❑ 1 Egg
- ❑ 150-180 g Breadcrumbs
- ❑ 1 teaspoon Dried oregano
- ❑ 100 g Grated Parmesan cheese
- ❑ Salt
- ❑ Ground black pepper
- ❑ 15 ml Extra virgin olive oil
- ❑ 1 Garlic clove, peeled and crushed
- ❑ 400 g Tomatos
- ❑ 30 g Tomato concentrate
- ❑ 15 g Sugar
- ❑ 1 sprig Fresh basil
- ❑ Salt

1. Heat oil in a large pan and fry the garlic for one minute.
2. Add the sliced eggplant, and simmer over medium heat for10 minutes. Remember to move the eggplants occasionally so they do not stick to the base. Add water and let it cook for 10 minutes.
3. Lightly grind the mixture with a hand mixer or a machine without mashing it so that small pieces of eggplant are noticeable. Let it cool a few minutes.
4. In a bowl, whisk the egg and mix with the breadcrumbs, dried oregano and grated Parmesan cheese. When eggplant has cool down, add it into the mixture and mix well. Salth and Pepper to taste.
5. Spread little bit of oil in a baking dish or tray and place the eggplant balls. The mixture is sticky, so try putting some oil in your hands so that it can be easily done.
6. Put the meatballs in the oven, preheated to 180 º C for 25 minutes.
7. For the tomato sauce, heat some oil in a pan, add garlic and fry gently for one minute.
8. Add the chopped tomato to the pan along with the sugar and a pinch of salt. Cook over high heat and when it starts to boil, lower the intensity of the fire. Bake for 20 minutes or until the sauce has thickened, uncovered and stirring occasionally.

9 Finally, eggplant meatballs served on a base of tomato sauce and add fresh basil leaves.

Chef's Notes

https://cookinglovers.teka.com/en/receta/albondigas-de-berenjena/