

Palline di nocciole su letto di bietole

Gratinated hazelnut balls on a bed of chard

Ingredients for 10 people

100 – 150 g onions
250 g hazelnuts

chop finely and fry gently without letting them colour
grind half of them coarsely and roast them in the frying pan
grind the other half finely only
home-made!

50 g breadcrumbs
150 g milk

100 – 150 g vegetable stock

70 g grated parmesan

2 eggs

parsley, salt, pepper

beat briefly with a fork

Mix all the ingredients into one mass. Be careful when adding the vegetable stock. Depending on the consistency of the ingredients, a little less is enough.

With wet hands form portion-sized balls, about 10 of them. Freeze the ones you do not need. They make a welcome little store.

Base for the balls

about 200 g of vegetables per person

We like chard or spinach best. But it works with courgettes too.

Blanch the trimmed vegetables and flavour them in the frying pan with olive oil and a garlic clove. Season to taste.

Finishing

Rub a gratin dish lightly with olive oil and spread the vegetables evenly in it.

With the help of 2 spoons form about 7 quenelles from each ball and spread them over the vegetables.

Cover each quenelle (only these) with béchamel and then scatter a little grated parmesan over them.

Gratinating

In the oven at 200 degrees for about 20 minutes.

Continued on page 2: recipe for the béchamel.



VERONICA'S TIP

The vegetarian recipe that meat eaters love too!

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Continued

Béchamel or besciamella

we use rather rarely. But here it is a must. If you have no recipe to hand, here is ours. It really tastes delicious and also freezes well (e.g. for lasagne)!

Once the balls and the béchamel are in the freezer, you have a delicious meal prepared with very little effort.

Besciamella recipe

70 g butter	melt in a pan (pot)
50 g flour	add and stir smooth with a whisk
900 g milk	add bit by bit, stirring constantly. Let it boil briefly, but take care that the sauce does not burn ...
100 g full cream	add and
100 g grated parmesan	stir in.

Season with salt, nutmeg and pepper if you like.
At first the sauce seems rather thin, but it thickens as it cools.



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