



Polpette di mare «Fried» fish balls

Ingredients for 4 people

30 g capers in salt wash under running water, bring briefly to the boil, wash again in cold water, pat dry and chop roughly. (Capers preserved in liquid work too, of course, well washed.)

20 g pine nuts toast briefly without fat and set aside.

300 g potatoes peel, dice and cook until soft in salted water. Drain and let the steam escape. Crush them with a fork.

1 sprig of fresh mint Chop the leaves finely. In winter take a few dried tea leaves and crumble them with your fingers.

400 g fish fillet a white-fleshed sea fish is particularly suitable, skinless if possible. Bone the fish as well as you can with tweezers and cut it into 2 cm cubes.

Salt, pepper Season.

1 celery stick, about 50 g, 1 shallot, about 50 g trim both vegetables and chop them finely

4 tbsp olive oil Sweat them in the olive oil, then raise the heat a little, add the fish and fry.

0.5 dl white wine Deglaze with the white wine and let it evaporate. Reduce the liquid. Season to taste.

Now you can make the mixture:

½ tbsp lemon zest Add the fish without its liquid to the crushed potatoes, then the capers, pine nuts, mint, grated

2 eggs lemon zest, the beaten eggs and the breadcrumbs, and mix all the ingredients vigorously by hand. Season.

about 4 tbsp breadcrumbs Chill for at least 30 minutes and let the breadcrumbs swell. If the mixture is too moist, add a little more breadcrumbs.

4 tbsp flour Shape small balls, the size as you like, roll them in the flour, shake off the excess and put the balls on a plate.

Leave them to rest in the fridge until needed.

10 tbsp olive oil Sicilian women love deep-frying (or is it their men who are especially fond of fried things ?), but I prefer a frying pan and fry the balls in plenty of oil. When they are golden brown and crisp, they are hot inside too. Let the excess oil drain off on a little kitchen paper.

Serve with a tomato sauce and crusty bread.

VERONICA'S TIP

You can of course make this recipe with a freshwater fish as well. An ideal way of transforming yesterday's leftover fish and boiled potatoes!