

Boles de Picoulat, Catalan meatballs, tomato sauce, coco beans, green olives, green onion whistle volume_up content_copy share

Recipe for 2

Description

Catalan recipe, a dish rich in taste that will unite you around the same table.

Note

You can replace the beef with any time of minced meat, but be careful, every meat has it's own cooking time.

And decorate with any green herbs you can get your hands on.

Enjoy !

Ingredients

Meatballs

- 1 Unit(s) Egg
- 1 Pinch(es) Cinnamon
- 2 Pinch(es) Cayenne pepper
- 3 Clove(s) Chopped garlic
- 0.50 Unit(s) Green onion
- 2 Tbsp Japanese breadcrumbs (panko)
- 250 Gr Ground pork
- 100 Gr Ground beef
- 1 Tbsp Flour

- Salt and pepper
- Vegetable oil
- Olive oil

Sauce

- 0.50 Unit(s) Yellow oignon
- 1 Tbsp Tomato paste
- 0.25 Cup(s) Bacon
- 0.50 Cup(s) White wine
- 0.50 Can(s) Can of crushed plum tomatoes (28 oz)
- 0.50 Cup(s) Large green pitted olives
- 0.50 Can(s) White beans (540ml)
- 1 Cup(s) Water

- Salt and pepper
- Vegetable oil
- Olive oil

Finishing touches

- 1 Handful(s) Baby spinach
- 0.50 Unit(s) Green onion

- Salt and pepper
- Vegetable oil
- Olive oil

Preparation

- Preparation time **60 mins**
- Preheat your **Oven** at **375 F°**

To prepare before class

Peel and chop the garlic

Strain the beans, mix the two meats together and keep them in the fridge.

Strain the green olives.

Salt, pepper, olive oil and vegetable oil.

1 cutting board, 1 chef knife, 1 pairing knife, a couple bowls, 1 cooking pot, 1 pan, 1 pair of tongs and 1 oven.

Prep with the chef

Cut the green onion in whistles, thin juliennes.

Chisel the yellow onion, cut the bacon in small pieces.

Meatballs

In a large bowl, whisk the egg with the spices, salt and pepper. Add in the garlic, green onion, panko and mix.

Add in your meat. Mix well with your hands or a spatula, to make a homogenous mixture.

Make balls of about 1 inch in diameter. Then put them on a plate and let set in fridge for 10 minutes.

Roll them in some flour, remove excess flour by moving them hand to hand.

In a large anti adhesive pan, sauté them in some canola oil and a bit of butter if you want until golden brown on each side.

Tomato sauce

In a pot on medium heat, cook the chiseled onion in some olive oil for a couple minutes, until slightly colored. Add in the tomato paste. Cook for 1 minute while mixing.

Deglaze with the white wine, let reduce to half of it's original quantity.

Add in your tomatoes, black olives and oregano.

Pour the water on top and simmer for 15 minutes.

Finishing touches

Gently put the meatballs in the tomato sauce. Let simmer for about 15 minutes on the stove or in the oven, as you wish. UNTil the meat balls are fully cooked to your liking. Taste and rectify seasoning if needed.

Add the spinach, mix and serve in a nice bowl, with your green onions as decoration..

Bon appétit!