



ITALIAN POLPETTONE

Serves 6-8 people

INGREDIENTS

4lbs ground meat (50/50 veal & beef)	Handful of parsley, chopped
3 eggs	Panko breadcrumbs
Salt & freshly ground pepper	8 slices of prosciutto
Extra virgin olive oil	6-8 slices of provolone cheese
3 heaping tbsp of grated Parmigiano Reggiano	650g of frozen chopped spinach
1 tsp of chili flakes	2 garlic cloves, chopped

DIRECTIONS

In a pan, sauté the chopped garlic and chili flakes in olive oil on gentle heat until fragrant. Add the frozen chopped spinach, season with salt and sauté for about 5 minutes on medium heat. Set aside to cool.

In a larger sized mixing bowl, combine the ground meat, 3 eggs, the grated Parmigiano cheese and the chopped parsley. Season with salt and pepper and then mix together with your hands until it is all combined nicely.

Add 1-2 tbsp of Panko breadcrumbs to the mixture if it looks too wet.

Line a 12" x 16" sheet pan with foil and then parchment paper on top.

Drizzle about 2 tbsp of olive oil on the parchment paper and then spread the meat mixture evenly on the pan in the shape of a log, directly over the parchment paper. Sprinkle 2 tbsp of Panko breadcrumbs evenly over the layer of meat. Take the sliced provolone and place onto the meat in an even layer, avoiding the edges. Over that, layer the prosciutto evenly, again avoiding the edges. Once that is done, spread the spinach mixture evenly over the prosciutto.

Lengthwise, pull the corners of the parchment paper and use that to roll the meat and mixture onto itself until you reach the other end. Carefully move the roll to the middle of the pan and gently tuck the sides in and try to compact the roll as best as you can so it's a long, uniformed roll.

Once it is in place, sprinkle 2 tbsp of the Panko bread crumbs over the roll evenly, then sprinkle 2 tbsp of grated cheese. Finish it off with a light drizzle of olive oil over the top of the roll. In a preheated 425 degree oven, bake for 20 minutes and then lower the heat to 400 degrees. Add a tented foil sheet over the meat to avoid it from burning if you see that it is browning too quickly. Bake for 1 hour and 30 minutes or until the Polpettone reaches an internal temperature of 160 degrees.

Let it rest for at least 30 minutes before cutting.

It can be served at room temperature.

PAIRING

This Polpettone is a wonderful presentation of many enticing flavours, coming together to create a dish of great richness and complexity. The 2020 Cabernet Sauvignon is a perfect match, as it provides the ideal character to pair with the Polpettone. This vintage was hot and dry, so the wine is deeply flavoured and concentrated. This balances perfectly with the rich meatiness of the dish, as the weight and intensity of both wine and food express themselves on the palate. The prominent dark fruits and savoury, earthy notes of the Cabernet Sauvignon harmonize perfectly with the cheeses, spinach and meats in this recipe. The result is an extraordinary pairing of food and wine.