

Meat Rolls - Involtini di Carne

This is a great, appetizing and fun recipe. In the Mediterranean Diet there is very little meat, so we add other ingredients to make it grow in volume, another example of it are the meat balls.

Cooking tips: If possible use plain breadcrumbs and season them yourself, the pre-packed ones do not taste as fresh since it contains preservatives that are not good for our health.



Cooking time: Preparation 20 minutes
Cooking 15 minutes



Difficulty: Average
Serves: 3

Ingredients for the meat rolls:

6 slices of meat 4 – 5 square inches
6 tablespoons of plain bread crumbs
1 tablespoon of chopped parsley
3 tablespoons of grated cheese
6 pieces of semi soft cheese (mozzarella)
Sea salt

2 tablespoons of Extra Virgin Olive Oil (EVOO)
2 tablespoons of raisins in hot water for 5 min.
3 small cloves of garlic crushed very fine
3 slices of prosciutto crudo or ham cut in half
18 toothpicks
Hot pepper

Ingredients for the white sauce:

¼ cup EVOO
1 cup broth (you can use ½ buillion)

2 tablespoons of flour
½ glass of white wine

Directions: In a bowl place the breadcrumbs with 2 tablespoons of EVOO and mix it well so the EVOO will be absorbed by the breadcrumbs, then add raisins, grated cheese, sea salt, hot pepper, garlic and parsley. Mix well.

Place the meat flat on a big tray, line it with the prosciutto or the ham, place two tablespoons of the seasoned breadcrumbs and spread them evenly, in the middle place one piece of the cheese. Fold the meat so the inside will not go out and seal them with the toothpicks.

In a frying pan, heat the EVOO, in the meantime, pass the rolls in flour and fry them quickly in all sides. Shut the flame, take them out and put them in a warm dish. Slide the toothpicks out.

In the same frying pan prepare the white sauce by adding the white wine and let it evaporate for a few seconds, then add the remaining flour, stir so it will not create lumps. Add the water continuing stirring. Add the meat rolls and let it simmer for 5 – 10 minutes, turning the rolls to avoid sticking to the pan. Serve hot.

Buon appetito.

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