

## ITALIAN MEATBALLS WITH SAGE, PLUME SAUCE AND POLENTA

### *Ingredients*

#### Meatballs

250 g minced pork  
250 g minced beef  
salt and pepper to taste  
2 cloves of crushed garlic  
1 smaller onion, finely chopped  
1 bunch of fresh parsley  
30 g grated parmesan  
1 egg  
2 tbsp breadcrumbs  
2 tbsp oil

#### Sauce

½ small onion  
1 small bunch of fresh sage  
100 g prunes  
1 dl red wine  
1 tbsp honey  
1 tsp balsamic vinegar  
2 dl water  
30 g butter

#### Polenta

5 dl milk  
4 dl stock (chicken/vegetable)  
200 g cornmeal (polenta)  
a pinch of nutmeg  
salt and pepper to taste  
30 g Parmesan  
70 g butter

### *Oven Temperature*

200 C



### *Method*

1. For the meatballs, mix all the ingredients except the oil, and let it stand for 10 minutes.
2. After that, fry all sides in the oil in a pan, then take out the balls and put them in a preheated oven for 10 minutes.
3. For the sauce, cook the chopped onion in the oil left in the pan until glossy.
4. Add the sage chopped, and cook a little.
5. Put the plums, chopped in small pieces on top, and then pour in red wine.
6. When most of it has evaporated, pour water over it and simmer until it thickens a bit.
7. Add honey and balsamic vinegar, and finally the cold butter.
8. Then reheat the meatballs in the sauce.
9. For the polenta boil the stock.
10. Pour in milk, then cornmeal. Cook until it thickens.
12. Then add butter, parmesan, and nutmeg, and season with salt and pepper.
13. Serve the polenta with the meatballs and the sauce.