



Alannah & Madeline Day 2026

17 September



Polpette di melanzane (eggplant fritters) by Alannah & Madeline Day Ambassador, Anna Simon

Soft on the inside, crispy on the outside – and even better the next day.

Ingredients

- 4–5 medium to large eggplants
- 1 brown onion, finely chopped
- 2 garlic cloves, minced
- 1 bunch of continental parsley, chopped
- Basil leaves (optional)
- 1 cup breadcrumbs (plus more if needed)
- 1½ cups grated cheese (mix of Parmigiano Reggiano and Pecorino)
- 3 eggs
- Salt & pepper
- Oil for frying
- Extra breadcrumbs for coating



Method:

Prep the eggplant: Cut the eggplants in half and boil in salted water until semi-soft. Drain, allow to cool slightly, then chop into small pieces.

Cook the mix: In a pan with olive oil, gently cook the onion and garlic until soft. Add in the chopped eggplant and season with a bit more salt.

Cook until completely softened, this might take some time. Once done, remove from heat and let cool.

Make the mixture: In a large bowl, combine the cooled eggplant mix with eggs, cheese, breadcrumbs, parsley, and basil (if using). Mix well.

If the mixture feels too wet or sticky, add more breadcrumbs until it holds its shape.

Shape & fry: Shape into small cylinders or oval patties. Coat lightly in breadcrumbs.

Heat oil in a pan and fry until golden brown on all sides. Drain on paper towel.

Serve: Delicious hot or cold, but honestly, even better the next day.



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