

Sciusceddu (meatballs and egg soup)

Regional name: Sciusceddu

This recipe for ricotta meat balls is delicate, yet very appetizing.



Servings 4

- 4 cups **meat broth**
- 7 oz veal meat, **chopped**
- 2 oz breadcrumbs
- 3 ½ oz **caciocavallo cheese**, **grated**
- 3 eggs
- 3 ½ oz ricotta cheese
- parsley, **chopped**
- salt and pepper

Preparation

30 minutes preparation + 20 minutes cooking

Make a mixture of minced meat, one egg, breadcrumbs, half of the grated Caciocavallo cheese (or Parmesan), chopped parsley and a little water; then form meatballs about the size of a small egg.

In another bowl, beat the eggs with the Ricotta cheese previously sieved, the remaining Caciocavallo cheese and a dash of salt and pepper.

Bring the broth to the boil and dump the meatballs in.

Cook for about twenty minutes, then add the egg mixture, stirring vigorously for a few moments. Remove from heat and serve the "*sciusceddu*" piping hot.

Food History

"*Sciusceddu*" is a dish that comes from the city of Messina in Sicily, where it is traditionally served at Easter. This recipe is one of the many ways to prepare classic Italian **meatballs**.

Meatballs are made throughout the world, however they are believed to have been invented by an Italian in the court of Gengis Kahn.

According to the legend, an Italian doctor, who was being persecuted for having married a Jewish woman, was placed in charge of helping the starving Mongol troops. The soldiers had to travel long distances in very hot areas where their foodstuffs perished quickly.

It is believed that the smart doctor resolved the problem by giving each soldier a ration of chopped, dried, salted meat, which would keep in any condition and which, after being rehydrated with a couple drops of water, would become a meatball. These meat rations become so widespread among the Mongol troops that when their allies, the Croats, found themselves in a state of emergency, the Mongols tied small sacks of dried meat to the legs of messenger pigeons, giving birth to the real "*flying meatballs*".

Did you know that...

There are two theories for where the name "*sciusceddu*" comes from? One suggests that it derives from the Latin word "juscellum," meaning soup, and the other sustains that it is from the Sicilian verb "sciusciare," meaning to blow.