

Meat-Balls

This is my recipe for meat-balls. There are a number of variants, but the important thing is that the meat-balls are *stewed* rather than fried.

For four people:

	Amount	Ingredient
basic ingredients	500g	lamb/beef mince
	1	large white onion
	1	red onion
	2-3	cloves of garlic
	2	tins of chopped tomatoes (no added herbs)
	1	tube of tomato puree
	some	herbs, to taste; e.g. bay leaves, pepper, salt, basil etc. Fresh is better.
	500g	spaghetti
	some	grated cheese - Parmesan is better
	some	olive-oil (for cooking)
	some	balsamic vinegar
	some	red-wine vinegar
some	water	
optional ingredients	1-2 tablespoons	motza-meal (or flour)
	1	egg
	1	aubergene (if cooking for vegetarians as well)
cooking equipment required	1	large, thick-bottomed saucepan (preferably cast iron) for the sauce
	1	saucepan for the spaghetti
	1	large mixing dish
	2	hobs (gas preferable)
optional equipment required (for the aubergines)	1	casserole dish
	1	frying pan
	1	oven

First we need to make the base sauce:

Algorithm 1 The Tomato Sauce

- 1: chop and fry the garlic and the onions in the olive oil
 - 2: add the tins of tomatoes and the puree (to taste - I err on the more puree the better side)
 - 3: add the herbs and vinegar (to taste)
 - 4: simmer the sauce - it is now ready to add the other ingredients
-

If you are using the aubergines, follow the instructions below:

Algorithm 2 The Aubergines (optional)

- 1: chop the aubergines into large chunks and fry in the olive oil
 - 2: keep frying until they go mushy (if aubergines are too hard, they taste awful)
 - 3: put the cooked aubergines into the casserole dish
 - 4: take some of the sauce (from 1) and add to the aubergines
 - 5: put in a preheated oven (150 °C)
 - 6: note: these probably don't need to cook as long as the meatballs, so keep an eye on them
-

Here comes the meat-balls. I prefer using the motza-meal and the egg, but you don't have to. Just ignore those parts if you don't

have them.

Algorithm 3 The Meat-Balls

- 1: put the mince in the bowl
 - 2: add the egg and some salt/pepper (if you want spicy - add chili powder)
 - 3: thoroughly mix the mince with the herbs, and add the motza-meal (not too much, just to bind the balls) whilst doing this
 - 4: when formed, roll (using wet hands) into balls (the size is up to you, I quite like larger balls)
-

Now we add the meat balls to the sauce:

Algorithm 4 Adding the Balls to the Sauce

- 1: add some water to the sauce from 1. There need to be enough to cover the meat-balls when they're in the sauce (you may need to add more after adding the balls)
 - 2: wait until the diluted sauce is bubbling (but *not* boiling) before continuing
 - 3: put in the balls one at a time. Try to put them in so that each ball gets it's own but of pan.
 - 4: top up the water if needed
 - 5: **do not stir**. You need to let the balls stew first. If you stir now they'll fall apart.
 - 6: let the stew gently simmer and reduce for at least $1\frac{1}{2}$ hours. You should wait until the sauce is reduced to the consistency that you like before serving. I think that the longer you cook the better.
 - 7: I quite like one of the balls to fall apart, and add a bit of the meat to the sauce.
-

And that's it. Cook the spaghetti, serve and grate over with Parmesan. If you save some of the balls you can have meat-ball sandwiches for lunch the next day.

Luke Abraham

31st October, 2005