

Spicy Meatballs

This is a recipe my Mum often uses. They are good with pasta. Serves 6.

*450 g lean minced beef
100 g fresh breadcrumbs
1 egg, beaten
70ml milk
salt and pepper freshly
ground pepper
2.5ml (1/2 tsp) dried thyme
15ml (1 Tbs) oil
1 onion, skinned and
chopped
1 garlic clove, skinned and
crushed
15ml (1 Tbs) plain flour
396g can tomatoes
150ml beef stock
5ml tomato puree
chopped parsley, to garnish*

In a bowl, mix together the meat, breadcrumbs, egg, milk, and seasonings and herbs. Form the mixture into 2cm balls. Heat the oil in a frying pan and cook the meatballs until brown. Remove from the pan and place in a casserole dish. Fry the onion and garlic until soft and add the flour, mix well and stir in the tomatoes, stock and puree. Cook until thick and adjust the seasoning. Pour the sauce over the meatballs and cover the casserole. Cook in the oven at 180°C mark 45 minutes. Serve hot, garnished with chopped parsley.

Source: Cooking for Everyone (1984), Ebury Press, London.