

Meatballs in tomato sauce

Best eaten hot and fresh right out the pan with crusty bread

Ingredients

2 tablespoons of olive oil
750gms ground beef
1 1/4 cup fresh white breadcrumbs
8 tablespoons grated Manchego or Parmesan cheese
3 tablespoon tomato paste
4 cloves garlic, chopped fine
1 1/2 red onions, chopped fine
3 teaspoons chopped fresh thyme
1 1/4 teaspoon turmeric
Salt and pepper, to taste
500ml canned plum tomatoes, chopped
4 tablespoons red wine
4 teaspoons chopped fresh basil leaves
3 teaspoons chopped fresh rosemary

Method

In a bowl, thoroughly mix together the beef, breadcrumbs, cheese, tomato paste, garlic, scallions, egg, thyme, turmeric, salt, and pepper. Using your hands, shape the mixture into 24 to 30 firm balls.

Heat the olive oil in a skillet over medium-high heat. Add the meatballs and cook for several minutes or until browned on all sides. Remove the meatballs and set aside.

Add the tomatoes, wine, basil, and rosemary. Simmer gently for around 15 minutes, then add back the meatballs and cook until the meatballs are done. Season generously with salt and pepper and serve hot with crusty bread and good olive oil.

THE
COOKERY

by The Secret Jozi Chef

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