

GREEK MEATBALLS IN TOMATO SAUCE

A recipe by **FoodNouveau**

INGREDIENTS

Serves 4-5

2 tbsp [30 ml] fresh mint, finely chopped
5 tbsp [60 ml] extra-virgin olive oil, plus more for frying
2 tbsp [30 ml] dried oregano
¼ tsp [1.25 ml] ground cinnamon
¼ tsp [1.25 ml] freshly ground nutmeg
¼ tsp [1.25 ml] cayenne pepper
1 medium red onion, grated
1 large egg and 1 yolk, beaten
kosher salt and freshly ground black pepper
½ cup [125 ml] milk
3 ½"-thick slices stale country bread, crusts removed
½ lb [227 g] ground lamb
½ lb [227 g] ground pork
½ cup [125 ml] flour, for dredging
4 cloves garlic, minced
1½ tbsp [22 ml] tomato paste
2 bay leaves
1 28-oz [828 ml] can whole peeled tomatoes, drained and puréed
1 cup [250 ml] beef broth
1 tbsp [15 ml] fresh lemon juice
2 tbsp [30 ml] chopped flat-leaf parsley, for garnish



METHOD

In a medium bowl, combine chopped fresh mint, 2 tbsp [30 ml] oil, 1 tbsp [15 ml] oregano, half the cinnamon, nutmeg and cayenne pepper, grated red onion and eggs; season with salt and pepper. Put milk and bread in a bowl. Press down so the bread absorbs as much milk as possible. Let soak 5 minutes. Drain bread; squeeze out milk. Mix bread, onion mixture, and meat.

Divide mixture into 20 balls; flatten slightly into patties or roll into ovals. Dredge each meatball in flour. In a 12" skillet, pour enough oil to cover its bottom with a thin layer of oil; heat over medium-high heat. Working in 3 batches, cook meatballs until browned, 6–8 minutes. Transfer meatballs to paper towels and reserve. Discard oil; wipe out skillet.

Heat remaining oil in skillet over medium heat. Add garlic; cook 1 minute. Stir in tomato paste and bay leaves; cook 2 minutes. Add remaining oregano, cinnamon, and nutmeg, along with the tomatoes and broth. Cook, stirring, until thickened, 15–20 minutes. Season with salt, pepper, and lemon juice. Nestle meatballs in sauce; cook until sauce coats meatballs, about 5 minutes. Garnish with parsley.

Serve with steamed rice and a greek salad.

Recipe Credit: Adapted from Todd Coleman, *Saveur Magazine*.

Photo Credit: Marie Asselin

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