



Max's Newton House Cookery School



DISH: Grandad's Meatballs in Red Wine Jus

INGREDIENTS:

2 onions

Garlic

100 ml Stock (vegetable or chicken)

Olive oil

Deseeded Chilli (optional)

1 tin of chopped tomatoes

Bay leaves

A dash of red wine

Salt and pepper

Pork mince (250g)

Seasoning (your choice)

2 eggs

Cumin Seeds

Preparation:

- Finely chop an onion
- De-seed the chilli (if you are using it)
- Top and tail the garlic and crush (or finely chop)
- Make up your stock
- Separate the egg yolk and egg white (discard the egg white or use for mini merignes)



Method:

- Heat a little oil in a pan and fry the onions until they soften. Then add the garlic and the stock.
- Add the chopped chilli, the tinned tomatoes, a splash of red wine and the bay leaf. Allow to gently bubble reducing to a low heat so that the sauce does not stick to the bottom of the pan.
- Make the meatballs by emptying the mince into a mixing bowl with the two egg yolks, salt and pepper and cumin seeds. If you like, add extra seasoning (e.g: basil).



- Roll the mixture into spheres (about $\frac{3}{4}$ of the size of a tennis ball) and gently fry in a pan for 4 minutes either side. You are not looking to cook the meatballs all the way through.
- Once the meatballs are seared (they should still be pink in the middle), add them to the tomato sauce.



- Turn up the heat a little and stir occasionally for 20 minutes or until the meatballs are cooked through.
- Ten minutes before the meatballs are cooked, boil your spaghetti in a pan of boiling water (and a pinch of salt).
- Serve, garnish & enjoy!

