



Soutzoukakia

MY FAMILY'S
FOOD DIARY



Greek meatballs in tomato sauce



5 servings



60 minutes

INGREDIENTS

Sauce

- 1/3 cup extra virgin olive oil
- 1 large brown onion, diced
- 2 x 400g tins finely chopped tomatoes
- 1/2 cup red wine, dry
- 1 1/2 cups water, hot
- 2 bay leaves
- 1 tsp cinnamon, ground
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp chilli flakes, or to your liking

Meatballs

- 1 kg beef mince
- 3 tsp cumin, ground
- 1 tsp garlic, powder
- 1 tsp salt
- 1 tbs thyme, dry
- 10 sprigs fresh parsley, finely chopped
- 2 large eggs
- 1/2 cup breadcrumbs

Notes

If you do not have a flameproof baking dish, fry the onion and prepare the sauce in a separate pot.

DIRECTIONS

Sauce

1. In a large flameproof baking dish use the extra virgin olive oil to sauté the diced onion until it becomes translucent.
2. Transfer half of the sautéed onions in a large bowl for the meatballs mixture and set aside.
3. Add the rest of the sauce ingredients in the flameproof baking dish and mix well. Bring to a boil and then simmer for 15min.

Meatballs

1. Preheat the oven to 180°C fan forced.
2. While the sauce is simmering, prepare the meatball mixture. In the large bowl you placed the sautéed onion add the rest of the meatball ingredients. Mix well until they are evenly combined.
3. Use a 1/4 cup measuring cup to scoop the mince mixture with (70g each), then form elongated meatballs by rolling the mixture between your hands.
4. Place the meatballs in the flameproof baking dish with the simmered sauce. Scoop some sauce on top of each meatball.
5. Bake the meatballs for 35min uncovered.
6. After 20min take the baking dish out and turn the meatballs over, return the dish to the oven for the last 15min.
7. Take the baking dish out of the oven, cover it with foil and allow it to rest for 10min before serving.
8. Serve the meatballs with rice or fried chips.