



Pudding Pie

Cookery School

Cookery parties and courses to suit all ages

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Meat Balls in Tomato Sauce

serves 4

200g lean minced beef or pork
50g fresh white breadcrumbs
2tbsp grated parmesan cheese
1tbsp tomato puree
3 cloves garlic, finely chopped
2 shallots, finely chopped
2tsp fresh thyme, finely chopped
½ tsp turmeric
1 tin of plum tomatoes, chopped
2tbsp red wine
Salt & pepper
2 tsp basil leaves, chopped
2tsp rosemary, chopped
1 egg



- In a bowl, thoroughly mix together the meat, breadcrumbs, cheese, tomato puree, garlic, shallots, egg, thyme, turmeric, salt and pepper. Shape the mixture into 12 to 15 firm balls.
- Add the meatballs to a hot pan and cook for several minutes or until browned on all sides.
- Add the tomatoes, wine, basil and rosemary. Simmer gently for around 20 minutes, or until the meatballs are cooked. Season generously with salt and pepper and serve hot.