

CRUNCH TIME

Meatballs



Serve information: 1 Plate 6 Beef - Meatballs

INGREDIENTS – CLASSIC BEEF:

250g Beef mince
2 Rosemary sprigs, leaves picked
and finely chopped
2 Tsp dried oregano
1 Garlic clove, finely diced
1/4 Onion, finely diced
1/2 Egg
10g Breadcrumbs
40g Tomato puree
1 Tbsp parsley, chopped
10g Grated parmesan cheese
Salt
Pepper
50ml Olive oil for frying

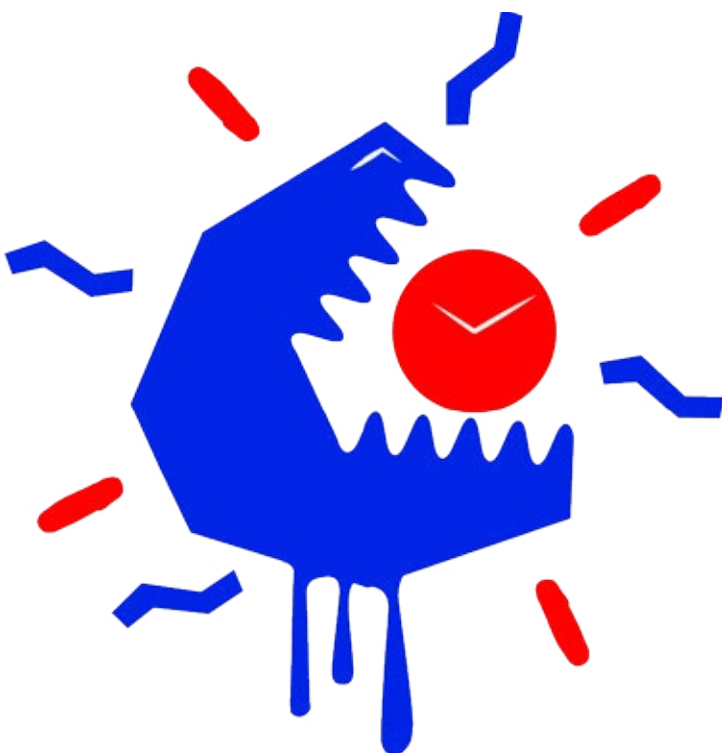
EQUIPMENT:

1 Medium mixing bowl
Wet cloths to wipe hands
Frypan
Tongs
Baking trays
Oven mitts
serving plates



METHOD:

1. To make meatballs, add all the ingredients into a mixing bowl and combine with your fingers
2. There are no better tools than your hands to mix and roll meatballs
3. Roll the mixture into 6 meatballs
4. Minced meat comes from larger cuts of meat that have been put through a meat mincer. Cuts of meat with a good proportion of fat in them tend to produce the best quality minced meat. Fat in meatballs is not only flavour but also moisture.
5. Heat the oil in a frypan over a medium heat
6. Add the meatballs, cook, turning to brown evenly
7. Some meatballs benefit from a combination of cooking techniques. A wet meatball might benefit from a quick shallow-fry to seal the meatball before finishing the cooking in the oven
8. Once browned, transfer to a baking dish
9. Place in the pre-heated oven at 160°C for 10 minutes to complete cooking
10. Baking meatballs in the oven has many advantages. The temperature is controlled, cooking times can be easily monitored, and large batches of meatballs can be cooked at the same time. Always ensure the meatballs are cooked all the way through before eating
11. Take the "prepared earlier" Meatballs out of the oven
12. Place Meatballs on to a serving plate



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