



Greek Meatballs in Tomato Sauce (Keftedes me Saltsa Domata) *(adapted from Food & Wine Magazine)*

Meatballs:

1 tablespoon dried mint
2 tablespoons olive oil
1 tablespoon dried oregano
¼ teaspoon cinnamon
¼ teaspoon ground nutmeg
1/8 teaspoon cayenne pepper
1 medium red onion, finely minced
1 egg, beaten
Salt and coarse ground black pepper
1/2 cup fresh breadcrumbs
1 tablespoon milk
1 pound ground beef
1/2 cup all-purpose flour
Oil for frying

In bowl combine mint, olive oil, oregano, cinnamon, nutmeg, cayenne and onion. Add egg, season with salt and pepper. Sprinkle in breadcrumbs and stir well to incorporate. Add ground beef and mix together (mixture will be very soft and moist). Form into 20 oval shaped balls and refrigerate for minimum, one half hour. To cook - heat a large skillet over medium high heat. Add oil to depth of a quarter inch and heat until shimmering. Coat meatballs in flour and fry until brown on each side - approximately 5 to 6 minutes, total. Cook meatballs in batches so they brown easily and do not crowd the pan. Remove to a paper towel lined tray to drain. Set aside.

Tomato Sauce:

3 tablespoons olive oil
4 cloves garlic, minced
1-1/2 tablespoons tomato paste
2 bay leaves
1 tablespoon oregano
1/4 teaspoon cinnamon
1/4 teaspoon nutmeg
1 - 28 ounce can whole peeled tomatoes, drained and pureed
1 - 10 ounce can beef consommé
1 tablespoon fresh lemon juice
2 tablespoons chopped parsley for garnish
Heat oil in skillet over medium heat. Add garlic and cook briefly, stirring constantly for about 30 seconds. Stir in tomato paste and cook stirring for 2 minutes. Add bay leaves, oregano, cinnamon, nutmeg, pureed tomatoes and consommé. Simmer stirring occasionally for 15 to 20 minutes or until sauce is thickened. Taste for seasoning and add salt and pepper as required. Stir in lemon juice. Return meatballs to pan and heat. Garnish with parsley. Serves 4 to 6