



Izmir Meatballs in Tomato Sauce

Ingredients

500g minced lamb
250g white bread crusts removed, soaked in milk and squeezed dry
1 tablespoon powdered cumin
1 small onion finely diced
4 cloves garlic peeled and crushed
50g pitted green olives
Plain flour
Olive oil for frying
150ml Greek yogurt
1 dessertspoon cumin seeds

For the sauce:

1 x 500g jar tomato puree or passata
100ml olive oil
1 x 400g tin whole tomatoes
1 parcel of muslin wrapped spices, consisting of 2 cinnamon sticks, 3 cloves, 2 bay leaf and 1 dessertspoon cumin seeds
150g white pickling onions
50g pitted green olives
A little sugar

Method

1. Start by making the meat balls so you can rest them while you make the sauce. Mix and knead the mince with the soaked bread, powdered cumin, chopped onions, garlic, olives, season with salt and pepper.
2. Shape into 2cm wide balls and rest in the fridge.

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To make the sauce:

1. Take a large heavy based pot and add the passata, 80ml olive oil and a little sugar. Add the crushed tin of whole peeled tomatoes, the muslin of spices and simmer for 30 minutes, skim regularly.
2. Add the onions and cook for about 80 minutes on low heat. Add the cracked olives and simmer gently.
3. Roll the meat balls in the flour and brown them in olive oil, add them to the sauce and cook for about 10 minutes until cooked.
4. Add the cumin seeds to the yogurt.
5. To serve, check seasoning and place a portion of meat balls and sauce with a side of steamed rice.

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