

Published February 13th, 2013

Turkish style meatballs in tomato sauce



Photo Susie Iventosch

INGREDIENTS

For the meatballs:

1 1/2 lbs. fine ground beef or lamb
1 crushed garlic clove
1 small onion, finely grated
2 thick slices of stale white bread
1 medium egg
1 teaspoon ground cumin
2 tablespoons finely chopped parsley
Salt to taste
Freshly ground black pepper to taste
White flour for coating
1/4 cup oil
Some water

For tomato sauce:

1 1/2 cups chopped, peeled tomatoes
1/2 cup finely chopped bell pepper
1/2 teaspoon sugar
Salt to taste
Freshly ground black pepper to taste
1/2 cup water

1 can finely diced tomatoes in puree (14 ounces ... this is my addition to extend the sauce)

1. In a mixing bowl combine meat with garlic and onion. Soak bread in cold water, squeeze dry and crumble into bowl. Add egg, cumin, parsley, salt and pepper to taste. Blend thoroughly to a smooth paste.

2. With moistened hands shape tablespoons of the meat mixture into oval, sausage-like shapes. Coat lightly with flour.

3. Heat butter in a deep pan and fry meatballs until lightly browned on all sides. Remove to a plate when browned.

4. Add tomatoes and chopped pepper to pan and stir over medium heat for 5 minutes. Add sugar, salt and pepper to taste, and then stir in water. Bring to a boil and return meatballs to pan. Bring to a slow simmer.

5. Cover and simmer gently for 1 hour, until meatballs are tender and sauce is thick. Serve with rice pilaf.

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