

Spag Balls

By Mary Contini

BBC
RADIO



Ingredients

For the sugo

3 tablespoons extra virgin olive oil
1 clove squashed garlic
1 small piece dried chilli
2 finely chopped onions
2 tins plum tomatoes, liquidized
Sea salt, black pepper and fresh basil leaves
Freshly grated Parmigiano

For the meatballs

75g minced pork
150g minced beef
2 tablespoons dry breadcrumbs
2 tablespoons grated Parmigiano Reggiano
1 tablespoon finely chopped flat leaf parsley
½ onion finely grated
1 large egg
plenty of Maldon sea salt and freshly grated black pepper
2-3 tablespoons extra virgin olive oil for frying



Prep Time: 20 mins

Cooking Time: 1.5 – 2 hours

Serves: 4

The Kitchen Cafe Takeaway

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Method

For the sugo

1. Put the oil, garlic and chilli into a large shallow bottomed frying pan and warm slowly.
2. After a few minutes add the chopped onions and sauté until soft – this should take about 10 minutes.
3. Add the tomatoes and simmer slowly for about 20 minutes while you prepare the meatballs.

For the meatballs

1. Mix the beef, pork, parsley, parmigiano, grated onion and breadcrumbs together in a large bowl.
2. Break in the egg and mix well. Season with salt and black pepper. It needs to be well seasoned because some of the flavour seeps out into the sugo.
3. With clean hands, mix well and mould the mixture into 16 small balls.
(you can change the number of meatballs depending on the size you prefer)
4. Warm 2-3 tablespoons extra virgin olive oil to a frying pan.
5. Add each of the meatballs individually and allow them to brown gently on each side
6. Once they are sealed, lay them into the tomato sugo that has been simmering already.
7. As you add the last meatball to the sugo also pour in the juices and oil from the frying pan so all the goodness and flavour is captured.
8. Cook gently for 1 to 1 1/2 hours .
9. Keep the pot on a low heat and leave the lid balanced on the wooden spoon to let some steam evaporate.
10. Taste the sugo and adjust the seasoning at the end adding a good few sprigs of fresh basil to finish the flavour.

You can serve this dish with any pasta you fancy...spaghettoni or chunky rigatoni.

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