

# Italian Jewish Meatballs in Tomato Sauce



**Serves 6**

**Prep 10 mins**

**Cooking 45 mins**

**Easy**

## Ingredients

500g finely minced chicken/turkey or veal  
400g tin plum tomato in tomato juice  
2 finely sliced onions  
2 medium free range eggs  
2-3 tbsp breadcrumbs

5-6 tablespoons of extra virgin olive oil  
½ tsp nutmeg  
½ tsp of cinnamon  
4-5 leaves of fresh basil  
Splash of white wine  
Salt and freshly ground black pepper to taste

1. Heat the olive oil in a large saucepan and add the onions together with some salt and pepper. Cook for 5 minutes, adding a little warm water to help soften the onion.
2. Meanwhile, prepare the meatball mixture. Beat the eggs and add the cinnamon, the nutmeg, salt & pepper. Mix & add the minced meat. Work it with your hands & then add the breadcrumbs. Mix until you have a homogeneous consistency.
3. Tip: For extra flavour, wet the breadcrumbs in a little stock/broth before adding it to the mixture. Do this by diluting the vegetable bouillon in 2-3 tbsp of warm water.
4. Roll the mince into compact round meatballs (5cm/2in diameter). Gently place the meatballs into the saucepan with the onions; do not place one on top of another.
5. Cook over a medium heat until the meatballs turn golden on all sides. Add a splash of wine and stir well and cook for a few minutes until the wine has evaporated.
6. Once the wine has evaporated, crush the plum tomatoes in tomato juice, add them to the meatballs & stir well.
7. Add a few tbsp of water & leave to cook, covered and on a low flame, for about ½ hour, gently stirring occasionally.
8. Once cooked, add the basil & serve hot. It keeps for a few days & is suitable for freezing.
9. To use cinnamon & nutmeg is a Sephardic influence. The traditional Roman Jews use minced chicken & add celery sticks to the tomato sauce at the end. Do not mix onions with the raw meat. Pre-cook them on a slow flame and add the meat once the onion is soft. This gives give a more delicate flavour and makes the meatballs more digestible.