

Bertier's 'Extra Special' Meatballs



"Although a classic dish straightforward Bolognese can get a little bit predictable in my opinion. So this is a simple twist on an old favourite. Meatballs are not only quick and easy to prepare but delicious served with a good pasta, my favourite for this particular dish being tagliatelli, some warm crusty ciabatta a nice green salad and a big glass of Chianti.

Another plus for this dish is that once the meatballs are prepared providing you used fresh and not frozen mince you can pop any unused meatballs into the freezer and cook from frozen when required."

Preparation Time – Approx 30 minutes

Serves four people

Approx Cost of Dish - £5

Approx cost per head - £1.25

Ingredients

1 large Onion

5 cloves of Garlic

500g of good quality British Minced Beef

500g Tagliatelli

1 Tin of Peeled Plum Tomatoes

1 large Jar of Good Quality Bolognese Sauce

1 large egg

Sea Salt and Ground Black Pepper

Extra Virgin Olive Oil

100g Plain Flour

1. Finely Chop one Large Onion and the cloves of garlic
2. Into a large mixing bowl place the mince along with the chopped onion and garlic
3. In a separate bowl beat the egg and add to the mince, onions and garlic
4. Now for the really fun part, get your hands in the bowl and give the mince, onions, garlic and beaten egg along with a generous pinch of salt and pepper (added according to taste) a really good kneading until the ingredients are completely mixed together.
5. Lightly dust a large plate with plain flour and pinch and roll the mixture into balls roughly the size of brussel sprouts. You should find this makes approximately 40 balls.
6. Once balls are formed give them a light sprinkling with flour and reform once more until balls are dry to the touch. This will prevent sticking when frying the balls.
7. Heat four good lugs of olive oil in a frying pan. Add the meatballs to the pan and fry gently on a medium heat for approximately 8-10 minutes until meatballs are cooked right through. Give the balls an occasional toss.
8. Whilst the meatballs are cooking, add a teaspoon of olive oil to a large pan of water (to prevent pasta from sticking) and bring to the boil
9. When water is boiling add the tagliatelli and salt to taste.
10. And now for the sauce! I find most supermarket sauces to be lacking oomph but they do make a great base to start with. Imagine a simple supermarket sauce as a canvass that you can add flavour to so if you like a more spicy dish throw in a few chopped chillis, if you like mushrooms add a few chopped mushrooms etc.

Putting The Dish Together

1. Drain and then thoroughly wash the cooked pasta with cold water. Bring a kettle of water to the boil and then pour the boiling water over the pasta and leave standing for two minutes.
2. Drain pasta and serve onto plates, add cooked meatballs, pour the sauce over the dish.

At this point it is customary in Italian cooking to grate Parmesan cheese over the dish but this is not to everybodys taste and I prefer a good handful of finely grated Davidstow Mature Cheddar which I think gives the dish a kick and really brings out the taste of the Meatballs.

Serve with Green Salad , warm ciabatta and enjoy!!!