

# Meatballs

The only way to make meatballs is to get your hands dirty. Ignore the phone, the kids and all but the most urgent calls for help and enjoy the 10 minutes of rolling the meatballs between your hands, crafting each one down to near regulation size. Rather than great chunks of meat which take forever to cook, set yourself the challenge of getting an ever greater number of balls from the same amount of mixture. 60... 70... 80?

You will need:

- 500g lean minced beef
- 500g minced pork
- 2 eggs
- 2 cups bread crumbs
- 1 very finely chopped onion
- Salt and pepper

Using your hands, squish the ingredients together in a large bowl until well combined. Roll small meatballs between your hands, no larger than 2 cm (3/4") in diameter. Place them on a tray and layer with cling wrap. If you have the time, refrigerate the meatballs for 30 minutes to help them retain their shape as they cook. Preheat the barbecue. Grill the meatballs in 2 batches, for approximately 15-20 minutes.

The possibilities for these are endless: Meatballs are delicious as a finger food, with ketchup or your favourite chutney. Or, fry a clove of garlic with a little olive oil in a large saucepan and add 500ml tomato passata. Add meatballs and simmer for 5 minutes. Serve with spaghetti and shaved parmesan. Or, add some meatballs to a beef broth with a finely sliced carrot (and/or other vegetables) and a handful of broken up spaghetti, for a hearty winter soup. And, finally, substitute lamb for the pork and serve the meatballs in pitta bread with rocket and tabouleh, or yoghurt combined with a finely chopped cucumber.

