

# Meatballs in Tomato Sauce

## Homemade Pasta, Meatballs & Sauce



### Ingredients for Pasta:

100g '00 Pasta Flour' or Strong Plain Flour  
1 Egg  
Pinch Salt

### Ingredients for Meatballs:

250g Lamb Mince or Beef Mince  
1 Small Onion (Optional)  
1 Clove of Garlic  
1 Teaspoon Cumin / Dried Mixed Herbs: School to Provide  
1 Chilli (Optional)  
½ Tablespoon Flour: School to Provide



**Please bring a container to take your spaghetti, meatballs and tomato sauce home in.**

### Ingredients for Tomato Sauce:

400g Tin Chopped Tomatoes  
20g Cheese: Cheddar or Parmesan: Optional for Garnish  
1 Onion  
1 Clove of Garlic  
1 Tablespoon Fresh / Dried Chopped Basil  
1 Tablespoon Tomato Puree  
Additional Vegetables: Peppers, Mushrooms, Courgette (Optional)  
Pinch Salt and Ground Black Pepper  
Basil Leaves: Optional for Garnish



### Method:

1. Preheat the oven to 180°C or Gas Mark 4.
2. Line a baking tray with greaseproof baking paper.
3. Weigh and measure all ingredients accurately.
4. Make your own pasta:
  - ◆ Place the flour and salt onto the worktop in a heap.
  - ◆ Crack the egg into a small bowl and beat with a fork until it is mixed well.
  - ◆ Make a well in the centre of the flour and pour in the beaten egg and any additional ingredients to add colour.
  - ◆ Bring the mixture together using your fingertips until a soft dough is formed. Add a little more flour if it is too sticky or additional egg if too dry.
  - ◆ Knead well until the dough is no longer sticky / dry, it needs to be elastic.
  - ◆ Wrap the dough in cling-film and leave in the fridge for at least 20 minutes to rest. This will allow the gluten to develop and the water from the eggs to be absorbed by the flour. The longer you leave the dough, the more manageable it will become.
5. To make the meatballs in the **food processor**:
  - ◆ Place meat, onion, garlic, chilli and herbs into the food processor. Blitz for 20 seconds.
5. To make the meatballs **by hand**:
  - ◆ Peel the onion and cut into very small pieces. Peel and crush the garlic the garlic.
  - ◆ Cut off the top of the chilli and remove the seeds. Cut the chilli into very small pieces.
  - ◆ Put the onion, chilli and garlic into a bowl and mix thoroughly.
  - ◆ Add the mince, cumin / herbs and mix thoroughly.
6. Sprinkle a little flour onto a red chopping board, then divide and shape the mixture into 6 - 8 balls.
7. Carefully place the balls onto the lined baking tray.
8. Bake in the oven for 20 to 25 minutes. Ensure meatballs are thoroughly cooked, there should be no pink. Use a food probe to check that they have a core temperature of 75°C.
9. Meanwhile for the sauce: Chop the onion and vegetables. Peel and crush the garlic.
10. Heat a tablespoon of oil in a saucepan and fry the onion, any additional vegetables and garlic until they are soft (3 - 5 minute).
11. Add the tinned tomatoes, herbs, tomato purée, salt and pepper.
12. Let it boil, then turn down the heat and let it simmer for 10 minutes.
13. Remove the pasta dough from the fridge. Divide the dough in half and keep the half you are not using wrapped in cling-film.
14. Use a pasta machine to roll the dough into thin sheets and then use the spaghetti adaptor to make into spaghetti strands. Leave to dry on the work surface.
15. Meanwhile, half fill a saucepan with water and a pinch of salt, place on the back of the hob and bring to the boil. Do not add the spaghetti until this is boiling. Cook for approximately 4 minutes until al dente (tender). Once cooked, use a colander to drain the water.
16. Once the meatballs are cooked, use a food probe to check that they have a core temperature of 75°C.
17. Place the spaghetti onto a plate, add the meatballs and pour the sauce over the top. Garnish with grated cheese and / or basil leaves.

