



## Mountain meatballs

### For the meatballs

- Olive oil
- 2 red onions, finely diced
- 1/2 tsp. cumin seeds
- 1 tsp. coriander seeds
- 1.2kg beef mince
- 1 heaped tsp. Dijon mustard
- 1 tsp. dried oregano
- 2 handfuls of bread crumbs
- 2 large eggs
- Salt & pepper
- 1 cup grated cheddar cheese or
- 8 cherry bocconcini balls\*

### For the sauce

- 1 large red onion, roughly chopped
- 2 red peppers, seeded and roughly chopped
- 10 cloves garlic, peeled and thinly sliced
- 1 tsp. mince chilli
- 1/2 tsp. smoked paprika
- 1/3 cup Worcestershire sauce
- 1/3 cup ketchup
- 1/3 cup apple cider vinegar
- 1/3 cup treacle or dark brown sugar
- 1 Tbsp. Dijon
- 1 & 2/3 cups brewed coffee
- 3 tomatoes, roughly chopped
- 1 heaped Tbsp. cornflour

Prepare camp oven over high heat. If you're not using a camp oven, preheat oven to 180C. To prepare meatballs, add onions to a large frying pan and cook for 10 minutes over medium to low heat until softened and turning golden. Remove from heat and allow to cool. In a mortar and

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pestle, ground cumin and coriander seeds and add to a large bowl with mince, Dijon, oregano, bread crumbs, eggs and a generous amount of salt and pepper. Add cooled onions and using your hands, mix together until well combined. Divide the mixture into 8 patties.

Shape each patty into a large meatball. Make a hole in each meatball with your thumb and fill with a large pinch of grated cheddar or one cherry bocconcini ball. Reshape meatball to cover cheese. Generously oil camp oven, add meatballs and cook over high heat, turning occasionally, until browned and sizzling. If you are losing too much heat, you may need to put a lid on the camp oven, leaving it ajar to allow steam to escape. Browning the meatballs may take up to 30 minutes. If you're not using a camp oven, place meatballs on a tray and roast in the oven for 30-40 minutes, turning occasionally during cooking time.

While the meatballs are cooking, start preparing the sauce. In the same frying pan used earlier, add another glug of olive oil. Add onion, pepper, garlic, fresh chilli and paprika and fry gently over medium low heat for about 15 minutes until onion has softened. Add Worcestershire sauce, tomato sauce, vinegar, molasses, mustard, coffee, and tomatoes. Bring to a boil then reduce heat and simmer for 25 minutes, or until sauce has thickened.

When meatballs have browned, add sauce to camp oven and simmer over low heat for 3-5 hours with lid on. If you're not using a camp oven, remove meatballs from oven and add to frying pan and simmer for an hour or until meatballs are cooked through. If you would like the sauce thicker, dissolve a heaped tablespoon of cornflour in a small amount of water and add to camp oven or frying pan 30 minutes before serving.

Recipe source : Adapted slightly from Jamie's America

Serves : 8