



*sharing our Greek culinary heritage*

## *KO's Greek Meatballs*

*For the Greek Meatballs...*

*You will need*

500g mince meat consisting of ~400g beef topside and ~100g pork shoulder  
2 eggs  
2 medium onions, finely grated or processed  
1 clove garlic, finely crushed  
1 large bunch parsley, washed and finely chopped  
1 small bunch mint, washed and finely chopped  
1/2 soup spoon dried oregano  
2 teaspoons salt  
1 teaspoon freshly ground pepper  
4 heaped tablespoons fine breadcrumbs  
2 heaped tablespoons self-raising flour  
2 tablespoons extra virgin olive oil  
1-2 teaspoons vinegar  
Additional oil for cooking the meatballs

*How to prepare the Greek Meatballs...*

- Prepare the onions, garlic and herbs
- Using your hands, combine all of the ingredients well in a large mixing bowl
- Check that the mixture isn't too soft by rolling a meatball and confirming that it retains its shape. If the meatball doesn't hold its shape, you may need to add some more breadcrumbs or self-raising flour. It's best to err on the side of the mixture being too soft rather than too hard though, as this will be reflected in the cooked version
- Add enough oil to a frypan so that 2/3 of a meatball is immersed in the oil
- Heat the oil over a medium flame
- While the oil is heating up, roll the mixture into balls of approximately 4cm diameter
- Once the oil is ready for frying, place the meatballs into the frying pan
- When the meatballs have browned on one side, turn them over and cook them until they brown on the other side as well
- Remove the meatballs from the frying pan and place them on a dish lined with paper towelling to absorb the excess oil

## *Serving the Greek Meatballs*

- Meatballs are extremely versatile. They are great on their own, with tzatziki or a tomato sugo as an appetizer, or even as a main meal when served with a generous Greek Salad and roast potatoes

Recipe makes 24

## *Additional Notes*

The meatballs can be cooked immediately or the meatball mixture can be placed in the refrigerator for up to two days - if the minced meat is absolutely fresh - and then rolled into meatballs or hamburger patties and cooked

The meatballs can be fried, grilled as patties on a barbeque or even baked with a much smaller quantity of oil