

Keftethakia mi kritheraki

Meatballs flavoured with cinnamon and oregano, served with rice shaped pasta in a tomato and feta sauce.

For the meatballs

250g minced beef
1 onion, peeled, chopped and blanched in hot water
Handful of dry breadcrumbs
½ teaspoon ground cinnamon
2 teaspoons dried oregano
Pinch salt
Ground pepper to taste
Flour for dusting
Olive oil for shallow frying

For the pasta

1 ½ handfuls of kritheraki
Large pan boiling salted water

For the sauce

Can of chopped tomatoes
Clove garlic, crushed
Teaspoon sugar
Drizzle of red wine vinegar
½ teaspoon ground cinnamon
Salt & pepper to taste
50g feta, crumbled.
Chopped parsley & mint to garnish

Method

- Begin by making the sauce. Add a little olive oil to a pan over a moderate heat then add the garlic. Fry for a minute then add the tomatoes, sugar, vinegar, cinnamon, salt and pepper.
- Cook the sauce gently until smooth and thick.
- In a bowl, mix together the mince, onion, breadcrumbs, cinnamon, oregano, salt & pepper. Squeeze together with your hands.
- Take lumps of the mixture and form into walnut sized balls.
- Roll the balls in seasoned flour and shallow fry, turning frequently until well browned all over. Drain on kitchen paper towels.
- Meanwhile, add the kritheraki to boiling salted water and cook for approx. 8 minutes until just al dente.
- Drain the kritheraki and stir into the sauce along with crumbled feta.
- Serve the meatballs on top of the kritheraki and scatter with chopped parsley and mint.