

# Moroccan Spiced Meatballs in Cumin Coriander Spiced Tomato Sauce

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***2009 November Mini Tasting***

Recipe courtesy Quinz Restaurant

Prep Time: 40 min

Inactive Prep Time: 60 min

Cook Time: 30 min

Level: Intermediate

Serves: about 32 meatballs, about 6 servings



## **Meatballs:**

2 1/2 pounds ground lamb (or ground beef or ground chicken or ground turkey)

Spice Mix, recipe follows

2-3 eggs

1/2 cup ketchup

## **Spice Mix:**

1 tablespoon ground coriander, toasted \*

1 tablespoon ground cumin, toasted \*

1 teaspoon curry powder

1 tablespoon garlic powder

1 teaspoon onion powder

1 teaspoon dried oregano

1 teaspoon dried thyme

3/4 teaspoon ground mustard

3/4 teaspoon paprika

1/2 teaspoon ground allspice

1/2 teaspoon ground cinnamon

1/2 teaspoon chili powder

Salt and freshly ground black pepper

*\*Cook's Note: To toast spices, heat in a small, dry skillet over low heat until fragrant.*

### **Meatball Sauce:**

2 tablespoons olive oil  
1/2 cup minced onion  
1 tablespoon minced garlic  
1 tablespoon minced shallots  
2 cinnamon sticks  
1 tablespoon ground cumin, toasted\*  
1 tablespoon ground coriander, toasted\*  
4 cups tomato puree  
1 cup vegetable or chicken stock  
Salt and freshly ground black pepper  
1 tablespoon thinly sliced mint leaves  
1 tablespoon minced Italian parsley leaves  
Slivered almonds, toasted, for garnish  
Chopped fresh mint leaves, for garnish  
Warmed pita wedges, for serving

*\*Cook's Note: To toast spices, heat in a small, dry skillet over low heat until fragrant.*

**(Additional Ingredients:** slivered almonds, mint, and warm pita wedges)

Directions

### **Meatballs:**

Preheat oven to 350 degrees F. (or fry the meatball in a skillet in olive oil – it worked great fried)

In a large bowl, mix lamb, Spice Mix, egg, and ketchup,. Form into 1 1/4-ounce balls, about the size of a ping-pong ball. Place meatballs on a large baking sheet and bake for approximately 20 minutes.

Preheat oven to 350 degrees F. (or fry the meatball in a skillet in olive oil – it worked great fried)

In a medium bowl, mix all the spices together. Season with salt and pepper to taste.

*HINT: I spread out the meat on a flat surface – applied spice mix all over the meat. Then mixed two eggs and the ketchup in a small bowl and then added to the meat and then form the meatballs (1 1/4-ounce balls, about the size of a ping-pong ball) being careful not to overwork the meat. Place meatballs on a large baking sheet and bake for approximately 20 minutes. Or fry at 325 degrees F.*

**Sauce:**

In a large saucepan over medium heat, add the oil and heat, then add the onions and lightly sauté until soft. Add garlic, shallots, cinnamon sticks, cumin, and coriander and sauté over low heat, about 3 to 4 minutes. Add tomato puree and bring to a boil. Add stock and season sauce with salt, ground black pepper, mint, and parsley. Simmer for about 10 minutes and remove the cinnamon sticks.

To serve: Add the meatballs to the sauce and heat until warmed through. Pour a small amount of sauce on the plate and add 5 meatballs per serving. Garnish with toasted slivered almonds, mint, and warm pita wedges.

This recipe was provided by professional chefs and has been scaled down from a bulk recipe provided by a restaurant. The Food Network Kitchens chefs have not tested this recipe, in the proportions indicated, and therefore, we cannot make any representation as to the results.