

Jamie Oliver's Mountain Meatballs



Ingredients (Serves 4)

olive oil

1 red onions, peeled and finely diced

600g good-quality minced beef

$\frac{1}{2}$ heaped teaspoon Dijon mustard

$\frac{1}{2}$ teaspoon dried oregano

$\frac{1}{2}$ teaspoon ground cumin

$\frac{1}{2}$ teaspoon ground coriander

1 handful of breadcrumbs

1 large free-range eggs

50 g freshly cubed Cheddar cheese

CHILLI BBQ SAUCE

$\frac{1}{2}$ large red onion, peeled and finely diced

1 red or yellow pepper, deseeded and roughly chopped

5 cloves of garlic, peeled and finely sliced (or 2 heaped teaspoons chopped garlic)

1 fresh red chilli, deseeded and finely chopped, to taste

$\frac{1}{2}$ teaspoon smoked paprika

3 tablespoons Worcestershire sauce

3 heaped tablespoons tomato ketchup

3 tablespoons cider vinegar

3 tablespoons molasses or dark brown sugar

1 tablespoon Dijon mustard

200 ml hot coffee

2 plum tomatoes, quartered

METHOD

Preheat your oven to 200C.

Put a large pan on a medium heat and add a good lug of olive oil. Add the 2 diced onions and fry for 10 minutes or until softened, then remove from the heat and leave to cool completely.

Put your minced meat into a bowl with the mustard, oregano, cumin, coriander, breadcrumbs, eggs, a good pinch of salt and pepper and the cooled onions.

Use clean hands to really scrunch it all together well, then divide the mixture into 8 rounds.

Pick each round up, one at a time, and roll into a cricket-sized ball.

Stick your thumb deep into the ball to make a pocket, then stuff in a good pinch of cubed cheese. Cup, pack and pat the meat around the cheese, using your hands to mould it back into a ball.

Place the balls in a large oiled casserole dish or roasting tray, drizzle over a little more olive oil, then place into the oven for 25 to 30 minutes until golden and sizzling.

For the chilli sauce: Heat some olive oil in a pan. Add the onion, peppers, garlic, fresh chillies and paprika and fry gently for about 15 minutes. Stir in the Worcestershire sauce, ketchup, vinegar, molasses or sugar, mustard, coffee and tomatoes, and bring everything to the boil. Turn the heat down to medium-low and simmer for 20 minutes, until the sauce has thickened. It should be thick, but if you'd like it a bit thicker just turn the heat up and cook for a few more minutes.

Remove the cooked meatballs from the oven when they're ready and spoon away as much of the fat from the pan as you can. Pour your chilli sauce over the top, and return the pan to the oven for 5 more minutes.