

Swansbrook Radio

Keftedes (Greek meatballs)

Put all of the following into the bowl of a food processor... (or finely chop and mix together):

2 x slices of bread (crusts removed) soaked in water and squeezed out

500g mixed Beef and Pork mince

1 egg

1 Onion (quartered)

3 cloves garlic

Handful of fresh mint or 1.5 tsp dried mint

Handful of parsley

2 tsp of dried Oregano

Salt & black pepper to taste (be generous)

Whizz in the food processor until you have a smooth greyish paste.

Put the mixture in a covered bowl in the fridge for an hour or so to allow to firm up and develop flavours.

Prepare a baking sheet. Set oven to 200 C / gas mark 6

Put a tbs of flour into a bowl. Take some of the mixture and form a ball about the size of a ping pong ball. Flatten slightly. Dredge through the flour and shake off any excess. Place the ball on the baking sheet and repeat until the mixture is used up.

Bake in the oven for 40 minutes (turn over halfway through).

Enjoy with a Greek Salad, a dip (Tsatsiki) and a glass of Retsina