

Tefteli – Russian Meatballs

Winter is a beautiful season, crisp mornings with blue skies, perhaps if we're lucky a little snow but the best thing by far has to be the food. The smell of some fresh, homemade and hot food greeting you as you walk through the front door on a cold day is unrivaled!

Stews, soups and pies they're all great but there's a winter warmer you simply must try, Tefteli. A Russian version of good-old meatballs, it's rich in flavor, hearty and can be paired perfectly either with smooth mashed potatoes, potatoes al la Pushkin or simply a stack of steamed, garlic spinach.

You Will Need:

Serves 4 – 6

2 Tbsp Olive Oil

2 Cloves Garlic, minced

1 Tbsp Dill, Chopped

1 Tbsp Parsley, Chopped

$\frac{1}{2}$ lb Ground Beef

$\frac{1}{2}$ lb Ground Pork

$\frac{1}{2}$ Cup Jasmine Rice

1 Medium Onion

1 Carrot

1 Egg

1 $\frac{1}{2}$ Cups Chopped Tomatoes

$\frac{1}{2}$ Cup Beef Stock

$\frac{1}{4}$ Cup Heavy Cream

Salt & Pepper

Plain Flour to coat

1. Rinse the rice under cold water and place into a saucepan. Add twice the level of water to rice and place over a medium heat.
2. Once the water begins to boil, reduce to a simmer, cover and leave to cook for 5 minutes. Take off the heat and leave to cool. The rice will be a little undercooked.
3. Finely chop the onion and carrot, then combine both with the garlic, beef, pork, rice, dill, and egg. Add a dash of salt and pepper. Shape into traditional meatball shape, as large or as small as you would like. The meatballs can be made a few hours in advance and kept covered in the refrigerator.
4. Lightly dust the meatballs in flour and heat 2 Tbsp olive oil in a skillet. Cook the meatballs on all sides, set aside.
5. Into a saucepan put tomatoes, beef stock, and heavy cream. Combine well and bring to a simmer.
6. Add the parsley and meatballs to the saucepan, cover and simmer for a few minutes before turning off the heat. Leave for ten minutes with the lid on, then serve!

