

GUASTELLO'S VILLAGE MARKET

Greek Meatballs with Red Wine Tomato Sauce and Fresh Herb Yogurt Sauce

Ingredients:

Yogurt Sauce

1 cup FAGE Greek yogurt
3 tablespoons finely chopped parsley
3 tablespoons finely chopped fresh dill
1 teaspoon ground cumin
1 teaspoon grated lemon zest
2 teaspoons fresh lemon juice
salt and pepper

Meatballs

Yields: About 15-17 meatballs
2 tablespoons Fage Greek Yogurt
1/3 cup milk
Kosher salt and freshly ground black pepper
1/2 cup fine day old bread crumbs
2 tablespoons canola oil
1/4 small Spanish onion, grated
3 cloves garlic, smashed and chopped to a paste
1/4 cup finely chopped fresh flat leaf parsley leaves
3 tablespoons finely chopped fresh mint leaves
3/4 pound ground chuck
1/2 pound ground pork
Kosher salt and freshly ground black pepper
1 cup Greek olive oil or canola oil

Red Wine Tomato Sauce

2 tablespoons Greek olive oil
1 medium Spanish onion, finely diced
3 cloves garlic, finely chopped
2 tablespoons tomato paste
Pinch of red pepper flakes
1 cup dry red wine
1 28-ounce can plum tomatoes and their juices
Pinch of sugar or drizzle of honey
1/4 cup chopped fresh flat leaf parsley
2 teaspoons chopped fresh oregano leaves
Kosher salt and freshly ground black pepper

Yogurt Sauce

Whisk together, cover and refrigerate for at least 1 hour to allow flavors to meld.

Meatballs

Whisk together the yogurt and milk in a large bowl, add the bread crumbs and let the bread absorb the mixture, about 10 minutes.

Heat the oil in a small sauté pan over medium heat. Add the onion and garlic and cook for 1 minute. Remove and let cool slightly. Add the onion mixture and herbs to the bread mixture and mix well to combine.

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Add the chuck and pork, salt and pepper and gently mix to combine. Cover and refrigerate for at least 30 minutes and up to 8 hours to allow flavors to meld and the mixture to chill slightly so you can form meatballs.

Form the meatballs (each about 1 1/2 ounces)...Heat the oil in a large sauté pan over medium heat until the oil begins to shimmer. Add the meatballs and cook until golden brown on all sides and almost cooked through (they will continue to cook in the sauce.) Remove the meatballs with a slotted spoon to a plate lined with paper towels. Add to the sauce and cook to heat through and marry flavors. Serve with pita or on pita drizzled with the sauce.

Red Wine Tomato Sauce

Heat oil in a large high sided sauté pan over medium-high heat. Add the onion and cook until soft, about 4 minutes. Add the garlic and chile flakes and cook for 1 minute. Add the tomato paste and let cook out for 2 minutes. Add the wine and cook until reduced by half.

Add the tomatoes, 1/4 cup of water, salt and pepper and cook until the tomatoes begin to softened, about 10 minutes. After the tomatoes softened, use a potato masher and start to mash until coarsely crushed. Continue to cook, stirring, occasionally until slightly reduced and thickened, about 20 minutes. Add the meatballs, reduce heat to low and let the meatballs finish cooking in the sauce, about 15 minutes. Stir in herbs...serve with pita or on pita.

Credit: Bobby Flay