



Meatballs



makes 6



60minutes

INGREDIENTS

For the sauce:

1 onion, 1 garlic clove

400g tinned tomatoes

1 tsp dried mixed herbs

1 tbsp oil

500ml vegetable or beef stock cube

For the meatballs

400g beef mince

1 garlic clove

½ tsp dried mixed herbs

1 tbsp oil

400g pasta/ tagliatelle / spaghetti (pre cooked)

EQUIPMENT

- Green chopping board
- Plastic mixing spoon
- Mixing bowl
- Sharp knife
- Frying pan
- Garlic crusher
- Lined baking tray
- Temperature probe
- Tongs

TIMEPLAN

Time	Activity	Health and safety points	Food quality points
1	Making the meatballs Halve (keep half for the sauce), peel and then finely dice an onion, peel and chop a garlic clove. Make sure the pieces are really finely chopped, otherwise your meatballs will not form shape well.	Use a green chopping board and bridge and claw method.	Dice onions the same size.
2	Put meat into a large bowl – add your onion (leave some aside for the sauce), herbs, seasoning – salt and pepper	Wash your hands after touching raw meat.	Mix ingredients thoroughly so its evenly distributed
3	Use your hands to combine the ingredients – if your mince is wet then add a little flour to stop it being too sticky.	Wash your hands after touching raw meat.	Make sure each meatball is the same size so they cook evenly.



**CHELTENHAM
BOURNSIDE
SCHOOL**

Food Preparation and Nutrition



4	Pick up a ping-pong ball size of mixture and shape into a ball, squeeze it tightly together (so that it does not fall apart while cooking). It is important not to make the meatballs bigger, as otherwise they will not cook evenly and stay pink in the centre		
5	Place the meatballs on a lined baking tray (tray should be covered with foil) Bake in a preheated oven at 200c for 20-25 minutes – turn the meatballs half way through using tongs.	Be very careful and use oven gloves when putting things in and out the oven.	Set a timer to turn the meatballs half way through cooking.
6	Making the tomato sauce Put 1 tablespoon of oil into a frying pan. Place on a medium heat on the hob (3 to 4 setting). Allow the oil to heat. Add the remaining diced onions, fry them stirring occasionally for 1-2minutes	Be very careful when using the hob, do not let the onions burn.	
7	Add the garlic and any other grated vegetables (cook for 3-4 minutes) Add a tin of chopped tomatoes. Use the tin to measure in half a tin of water from the tap. Stir		Don't add too much water.
8	Let the mixture come to the boil, once bubbling turn the heat down and allow it to simmer for about 15 minutes. If it gets too thick and dries out, add more water and turn it off.	Turn the heat down to 2-3 maximum.	



Food Science: Maillard Reaction

A chemical reaction between a protein and a carbohydrate in the presence of dry heat.

(Meatballs browning on the outside)_

Skills:

Knife skills bridge and claw – slice, dice, crush, peel, grate, bake, mix, stir,
combine, shape, sauce reduction, measure,



**CHELTENHAM
BOURNSIDE
SCHOOL**

Food Preparation and Nutrition

