



## Albondigas Over Creamy Polenta

PAIRS WONDERFULLY WITH A BOTTLE OF OUR 2017 FRENCH OAK SYRAH



These are not your momma's (or mine) meatballs...and depending on where you're from – they might not be your traditional “albondigas”, either. My mom is from Mexico, so the dish I grew up on was traditionally made in a spicy soup. If your mom was from Spain – you might have had these as part of a tapas platter. This version takes the traditional flavors of Mexico with the techniques of Spain to create a dish that is comforting and flavorful. We serve it over polenta (that recipe is also below) but you could throw them in a crusty roll with some pickled red onions for the best meatball sub you'll ever have.

This pairs beautifully with the 2017 French Oak Syrah from Berghold Vineyards. The wine is full bodied enough to cut through the richness of dish, overall; but what I really appreciate is that the

combination of chili's that we use in the sauce bring in a nuance of fruity raisins and cranberries that complement the notes of boysenberry and blueberry in the wine.

Try them today!

### **Base:**

- 1 Pound Beef, Pork, Veal Mix (I use a “meatloaf mix”)
- 1/3 cup couscous
- 1 egg
- 1 tsp Cumin
- 1 tsp Oregano
- ½ tsp chili flake
- 1 tsp Kosher Salt
- ½ tsp ground black pepper

### **Sauce / Braising Liquid**

- Olive Oil
- 1 Red Onion – Sliced
- 2 Garlic Cloves – Smashed
- 1 tsp Cumin
- 1/3 cup Dry Red Wine



- 2 x 400 gram cans of fire roasted tomatoes
- 3 Bay Leaves
- 2 tsp brown sugar
- 2 stems fresh Oregano
- 1 Ancho Chili
- 1 Guajillo Chili
- 1 Chipotle in Adobo

### **Creamy Polenta (Recipe to Follow):**

- 2 Cups Chicken Stock
- 2 Cups heavy cream
- ½ tsp freshly grated nutmeg
- 1 tsp salt
- 1 Cup Polenta
- ½ cup freshly grated Parmesan
- 1 tablespoon honey

1. Place all the ingredients for the meatballs in a large bowl and mix together until well combined. Roll into evenly sized balls and rest in the fridge to firm up for about an hour.
2. Pre-Heat Oven to 325 degrees.
3. Heat the olive oil in a large based pan or Dutch Oven on medium high – add just enough oil to coat the bottom of the pan. Brown the meatballs on both sides. Remove and set aside. In the same pan, sauté the onions until soft and translucent. Add the garlic and cook for a further 2 minutes. Add the spices and stir through – stir and cook until fragrant
4. Deglaze pan with wine and reduce down by half – about 5 minutes
5. Add 1 can of tomatoes, bay leaves, oregano, brown sugar and all the chilis – mix well.
6. Return the Meatballs to the pan – stir well and top with second can of tomatoes.
7. Move the pan to the oven and let cook for 1 hour.
8. After an hour, remove pan from oven. Remove Meatballs to a tray – remove the Bay Leave and Oregano Stems and place the liquid contents into a blender jar (IMPORTANT!!! Remove the fill cap from the lid and cover with a folded paper towel to allow for air flow into the hot liquid). Turn it on to low to medium low until thoroughly blended. Season to taste.
9. Throw the sauce and the meatballs back into the pot and mix well.
10. Serve Over Creamy Polenta – Top with shaved red onion, cilantro and aged cotija (you can sub Parmesan if you can't find aged cotija).

### **To Make the Polenta:**

1. In a heavy saucepan, combine the stock and cream, and bring to a boil. Add the nutmeg and salt. Whisk in the polenta and cook over low heat for about 20 to 30 minutes, stirring often, until the grains are soft.
2. Fold in the cheese.



3. You'll know the polenta is ready when a wood spoon is run through the center of the pan and it holds briefly in place for a couple of seconds.