

Moroccan Lamb Meatball Shakshuka

Adapted from MarocMama blog



MEATBALLS:

1 pound ground lamb, or beef, or combination of both

1 tablespoon garlic, minced

1/2 onion, finely diced

1/2 teaspoon salt, scant

1/2 teaspoon paprika

3 tablespoons flat leaf parsley, finely diced

1/2 teaspoon baking soda, mixed with 1 T water

TOMATO SAUCE:

2 tablespoons olive oil (2 to 3)

1/2 onion, finely minced

28 ounces canned tomatoes, San Marzano, reserving some of the liquid for another use

1 teaspoon turmeric

2 teaspoons paprika, half-sharp, or use regular plus a pinch of cayenne

1/2 teaspoon salt, or to taste

1 1/2 teaspoons ground cumin

1 teaspoon flat leaf parsley, minced

1 teaspoon garlic, crushed

3 large eggs, or one for each serving

Per Serving (excluding unknown items): 511 Calories; 38g

Fat (65.8% calories from fat); 26g Protein; 18g

Carbohydrate; 3g Dietary Fiber; 222mg Cholesterol;

1301mg Sodium; 9g Total Sugars; 1mcg Vitamin D;

135mg Calcium; 7mg Iron; 846mg Potassium; 317mg

Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 4

1. In a bowl combine the ground meat with crushed garlic, onion, salt, and paprika and a small handful of chopped Italian parsley. Mix well with your hand to combine all of the ingredients. Pour in the mixture of baking soda and water, and massage into the meat. Set aside for 15 minutes for the soda to do it's job of retaining moisture in the meat.

2. Roll into about 35-40 small balls slightly larger than a grape.

3. In a tajine (or use a large skillet with a lid) add 2-3 tbsps olive oil and minced onion. Place the tajine on the stovetop on medium heat, using a diffuser if you have an electric range.

4. Mix in turmeric, spicy paprika (sudaniya in Morocco), salt, ground cumin, chopped Italian parsley and crushed garlic. Pour in the tomatoes with only about half the liquid from the can and stir well.

6. Arrange the meatballs in the tomato stew so that they each have a little space to soak up the sauce. If you have more meatballs than space in the tajine reserve them for another dish. Each meatball needs enough room for some sauce to surround them. I used a heat diffuser so the mixture would simmer very slowly, and for the next section of cooking the eggs.

7. Cover the tajine and continue to cook on low. Check after 30 minutes.

Once the meatballs are cooked through, crack 3 (or more) eggs and place on top of the meatballs and sauce. Cover the tajine again so that the eggs can cook through. Some people like the eggs to be steamed just until they are set but the yolk still is runny. You may also cook the eggs until the yolk is hard.

8. Serve and eat by scooping up bites of meatball and egg with crusty bread.

NOTE: You could also serve this with rice or couscous and scoop servings of the meatballs and the tomato stew with an egg on top onto each plate or bowl.