

# Rofta Curry or Meatballs in Hot Sauce

*Gini Mangat - Marshall Field's Spring Hill*

*1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores*

*Servings: 6*

## **TIPS**

*Garnish the meatballs with chopped tomatoes, sliced onions, raisins and cilantro leaves. These meatballs freeze well. Serve the meatballs over boiled rice and/or pasta.*

## **MEATBALLS**

*1 1/2 pounds ground beef  
1/2 cup finely chopped onions  
1 tablespoon garlic, minced  
1 teaspoon ground cumin  
1/2 cup bread crumbs  
2 eggs, beaten  
1 tablespoon all-purpose flour  
salt (to taste)  
pepper (to taste)  
oil (for deep frying)*

## **HOT SAUCE**

*6 to 8 tablespoons oil  
1 cup finely chopped onions  
1 cup chopped tomatoes  
1 tablespoon garlic, minced  
1 tablespoon ginger, minced  
2 tablespoons chopped cilantro  
1 teaspoon cumin  
1 teaspoon coriander  
1 teaspoon turmeric  
1 teaspoon cayenne pepper  
1/4 teaspoon ground cloves  
1 teaspoon caraway seeds  
salt (to taste)  
2 cups + 4 tablespoons water  
1/2 cup milk*

*For the meatballs: In a mixing bowl, combine all of the ingredients. Shape into twenty-four balls. Flatten slightly. Deep fry the meatballs on medium heat until they are golden brown. Set aside.*

*For the sauce: Heat the oil in a ten-inch skillet. Fry the onions until golden brown. Add the chopped tomatoes, minced garlic, ginger and cilantro. Stir. Add all of the spices. Add four tablespoons of water. Reduce the heat. Cover. Cook until the tomatoes are soft. Add two cups of water and the meatballs.*

*Cook on medium heat for 20 to 30 minutes. Add the milk. Cook uncovered for 5 to 7 minutes. Let the curry stand for at least two hours before serving.*

*Arrange in an ovenproof dish. Warm and serve.*

*Per Serving (excluding unknown items): 464 Calories; 33g Fat (65.3% calories from fat); 24g Protein; 16g Carbohydrate; 2g Cholesterol; 197mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 5 Fat.*