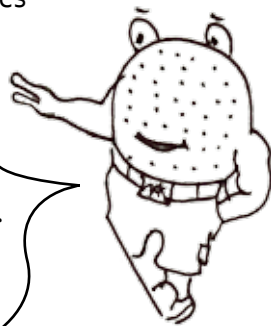




What you'll need:

- 500 grams (1.2 lb) ground lamb or beef
- 2 eggs
- 2.5 tablespoons matzo meal (or water-soaked breadcrumbs)
- 1 teaspoon salt
- 1 finely chopped garlic clove
- 1 onion diced in small pieces
- 1 tablespoon finely chopped parsley
- 1 teaspoon of your favorite spices
- Splash of olive or sunflower oil

**Try albondigas with your favorite dipping sauce or eat them with rice, couscous or something else delicious.**



## Albondigas

*Albondigas, kofta, yullikas, boulettes, ketsitses...*

Meatballs come in all sizes and shapes, depending on the country you live in and where your parents or grandparents are from. One thing is certain, Jewish (in any case kosher) meatballs are never made of pork.

Albondigas were eaten by the Jews in Spain over five hundred years ago. When they were driven out of Spain in 1492, the Jews took along both their language Ladino and their recipes. Nowadays, albondigas are eaten in North Africa, Turkey, the Balkans and wherever else these 'Spanish' Jews may have settled. You can tell by the taste of the meatballs where the cook or his family comes from or lives. In Egypt they are flavored with cumin or coriander, in Turkey with cinnamon and in Morocco with pepper, ginger, turmeric, and nutmeg.

Break the eggs and separate the egg yolks from the egg whites in different bowls (ask someone for help with this). First beat the yolks with a fork and then whisk the whites until they are stiff. Combine all the ingredients together (except the egg whites) in a large bowl. Now fold the stiffened egg whites into the mixture. Knead everything into a solid mass. Wet your hands and make smallish round balls from the entire mixture. Heat the oil in a deep pan and brown the meatballs over a high flame. Turn down the heat after a few minutes and then add two tablespoons of water. Partially cover the pan and cook the albondigas for 30 minutes until done. If there is not enough moisture, occasionally add a tablespoon of water.