

Mititei (Romanian minced meat rolls)

Ingredients

- 250g/9oz minced pork
- 250g/9oz minced beef
- 1 onion, finely chopped
- 3 garlic cloves, crushed
- ¾ tsp harissa paste
- 1 tsp sweet paprika
- ½ tsp smoked paprika
- ½ tsp cayenne pepper
- 1 tsp fresh thyme leaves
- ½ tsp baking powder
- 1 tsp soaked and ground caraway seeds
- 1 tsp marjoram
- salt and freshly ground black pepper, to taste
- ½ tsp allspice (optional)
- meat, chicken or vegetable stock, for basting (optional)
- 1 tbsp olive oil, for frying

Preparation method

1. Combine all the ingredients, apart from the olive oil and stock, together in a large mixing bowl.
2. Knead together for about five minutes - the ingredients need to be very well combined.
3. Divide the mixture into small handfuls and roll into small sausage shapes.
4. Heat the oil in a large heavy-bottomed frying pan or griddle. Cook the sausages over a medium heat for 20-30 minutes, or until cooked through. Turn them several times during cooking and baste with a little stock to keep them moist, if you like.
5. Serve with mustard.

less than 30 mins

preparation time

10 to 30 mins

cooking time

Serves 4

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