

Moroccan Meatballs Dried Fruit in Onion Sauce

Meatballs:

1 pound ground mutton or lamb
1 small onion grated
½ cup bread crumbs
1 egg lightly beaten
1 teaspoon Ras el Hanout spice blend
2 teaspoons salt
pepper to taste

Sauce:

2 TBS Vegetable Oil
5 Onions (about 2 lbs) thinly sliced
1 Tomato peeled, seeded, and coarsely chopped
1 tsp Ras El Hanout spice
1 tsp ground cinnamon
1 tsp ground ginger
10 saffron threads toasted and crushed
5 whole cloves
1 cup water
Salt and ground pepper to taste
1 cup seedless raisins plumped in warm water and drained or you can use a combination of raisins, dried apricots, or figs
1 tbs of honey

Directions:

Make the meatballs by combining the meatball ingredients and mixing them well. Form into meatballs with your hands.

In a medium Dutch oven or enameled casserole over medium high heat, heat the oil and add the onions, tomato, Ras El Hanout, cinnamon, ginger, saffron, cloves, and water. Cook, stirring occasionally, until the sauce thickens somewhat - appx 10 to 15 minutes. Discard the cloves. Season with salt and pepper. Add the raisins or dried fruit and honey. Lower the heat to a simmer.

Set the meatballs in the simmering onion sauce. Do not stir. Cover and simmer until the meat is cooked through about 10 to 12 minutes.

Serve with rice.