

# SPAGHETTI WITH MEATBALL SAUCE

SERVES 4

## Ingredients:

- 2 tablespoons olive oil
- 2 cloves of garlic, minced
- 1 small onion, chopped fine
- 1 stalk of celery, finely chopped
- Salt & pepper
- ¼ cup chopped basil
- ½ tablespoon dried oregano
- ½ tablespoon dried thyme
- ¼ cup chopped fresh parsley
- Dash of red pepper flakes (optional)
- 2 (6oz) cans tomato paste
- 1 large can pureed tomatoes
- 5 cups water
- 3 tablespoons grated parmesan cheese
- 500g of spaghetti or pasta of your choice

## Method:

1. Brown the meat pieces in the oil until well browned.
2. Add the garlic, onion and celery and sauté until tender.
3. Add the paste, tomatoes, water and herbs and bring to the boil.
4. Season with salt and pepper to your own personal taste.
5. Turn mixture down to a simmer, and then drop the prepared meatballs into the sauce. Do not stir for the first 15 minutes or so until the meatballs begin to firm up.
6. Continue to cook for 2-3 hours, stirring occasionally, and adding extra water as needed if the sauce becomes too thick.
7. Just before serving, stir the 3 tablespoons of grated cheese into the sauce.
8. Serve over the spaghetti cooked al dente, and offer a little more parmesan cheese at the table.



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## BARBEQUE PORK SPARE RIBS

SERVES 4



### Ingredients:

- 1kg pork spare ribs
- 4 tablespoons barbeque sauce
- 4 tablespoons honey
- 4 tablespoons brown vinegar
- 2 tablespoons soy sauce
- 1/3 cup white wine
- 1 clove garlic, crushed
- Pinch five spice powder
- 1 spoon ginger, grated
- Chilli sauce (optional)

### Method:

1. Boil spare ribs in water and bring to boil, reduce heat and simmer covered for 20 minutes to remove excess fat.
2. Combine the barbeque sauce, honey, vinegar, soy sauce, wine, garlic, spices, ginger, chilli, and mix well.
3. Put spare ribs into baking dish, pour sauce over, leave to stand for 1 hour and turn occasionally.
4. Bake in moderately heat for 1 hour or until pork is tender. Baste frequently.

*We also supply spare ribs already marinated, just place them in the oven or barbeque.*

## GAMMON STEAKS SERVED WITH HONEY, MUSTARD SAUCE AND PINEAPPLE SLICES

SERVES 4

### Ingredients:

- 2 large gammon steaks
- 1 small tin of pineapple rings

### Sauce Ingredients:

- 2 tablespoons honey
- 2 tablespoons lemon juice
- 2 tablespoons English mustard
- Pineapple juice, from tin
- 1 tablespoon corn flour
- Freshly ground black pepper

### Method:

1. Rinse the gammon steaks with cold water, and dry with kitchen towel.
2. Mix together all the sauce ingredients in a small pan, and bring sauce to boil and simmer slowly.
3. Brush the steaks on both sides with a small quantity of the sauce and place in a shallow roasting tin.
4. Place the steaks under a medium-hot grill and cook until tender. The smoked gammon doesn't need a lot of cooking – just 1 minute on each side.
5. A few minutes before the steaks are ready, place the pineapple rings on top of the steaks and put them under the grill for a few minutes.
6. Pour the sauce over the pineapple topped steaks and serve.



## PASTA SHELLS WITH BONE IN COOKED HAM

SERVES 2



### Method:

1. Chop the parsley and the bone-in cooked ham.
2. Push the ricotta through a potato ricer, letting it fall into a mixing bowl.
3. Mix in the parsley and the ham.
4. Cook the pasta shells and when they are al dente drain them, rinse them, and spread them out to dry on clean cloths.
5. Spoon some filling into each shell.
6. On top of the pasta shells put a light of paprika.

### Ingredients:

- 200g pasta shells
- 150g bone-in cooked ham, cut very thickly
- 300g ricotta
- Parsley
- Salt & Pepper
- Smoked powdered
- Paprika

## ROLL PORK FILLED SERVED WITH MUSHROOM SAUCE

SERVES 3

### Ingredients:

- 2kgs roll pork filled (filled with pork meat, ham, bacon, salt, coriander seeds, parsley, garlic & chilli)
- 1 onion
- 1/2 apple
- 1/2 clove garlic
- 1/2 cup white wine
- 1/2 cup water
- Salt & Pepper

### Sauce Ingredients:

- 2 tablespoons butter
- 2 onions
- 300g mushrooms
- 3/4 cup white wine
- 1/4 cup water
- 2 tablespoons Winchester sauce
- 2 tablespoons gravy rich
- 1/2 orange
- 100g fresh cream

### Method:

1. Chop the onions, apple and the garlic, and then place them in a dish together with white wine and water.
2. Place the roll pork filled on top of the onions, apple, garlic, wine and water.
3. Cover the roll pork filled with tin foil.
4. Cook for 1 hour full, and then lower temperature for at least 1 hour and 15 minutes.
5. Spread the sauce on top of the roll pork filled.



## PORK FILLET GRILLED OR FRIED

SERVES 2



### Method:

1. Slice the pork fillet by 2cm.
2. Flat a bit the pork fillet with a kitchen hammer.
3. Combine the garlic, Winchester sauce, oil, mustard, parsley salt and pepper.
4. Place the pork fillet on the mixture mentioned above – marinate for 1/2 an hour.
5. Grill or fry.

*The above recipe can also be used with boneless pork loin.*

### Ingredients:

- 1 piece pork fillet
- 2 cloves garlic
- 1 tablespoon Winchester sauce
- 2 tablespoons olive oil
- Dijon Mustard
- Parsley
- Salt & pepper

## PORK FILLET FILLED WITH CHEESE AND MUSHROOMS

SERVES 2

### Ingredients:

- 1 pieces pork fillet
- 75g smoked ham, sliced
- 200g mushrooms, sliced
- 100g mozzarella, grated
- 2 cups water
- 1/2 cup white wine
- 1/2 pork stock cube
- Parsley, chopped
- 2 cloves garlic, chopped

### Method:

1. Slit the pork fillet and flat it with a kitchen hammer.
2. Place the smoked ham, mushrooms, cheese, parsley and garlic in the pork fillet.
3. Roll the pork fillet in tin foil.
4. Place the water and wine in the dish.
5. Place the pork fillet in the dish.
6. Bake in the oven for 35 minutes, 180°C to 200°C.

