

Cooking School

with The London Chef

Albondigas

For a true chef mis-en-place experience we suggest having the ingredients out, washed and measured, and the equipment ready to go before you begin cooking.

Pour yourself a large glass of whatever you like to enjoy while cooking, and remember to have fun in the kitchen. This recipe can be easily doubled, but if you increase food quantity please make sure to use appropriate sized pots/pans for the best outcome.

Ingredients

1 cup ground beef
1 cup ground pork
1 cup red wine
1 cup crushed tomato
½ bunch parsley
3 cloves garlic
1 egg
1 tbsp paprika

**GF friendly, sub gluten free bread
crumbs
DF

Cooking Equipment

Large pot with lid
Wooden spoon
Large mixing bowl
Cutting board
Knife
Salt
Olive oil