



RECIPE OF THE WEEK: 07/10/2020

**TOMATOKEFTEDES
(TOMATO RISSOLES FROM SANTORINI)**

Makes 25-30

Ingredients

500g ripe tomatoes
1 medium onion, peeled and finely chopped
2 spring onions with their green leaves, finely chopped
2 cloves garlic, crushed
1 tbsp extra virgin olive oil
1 medium free-range or organic egg
4 tbsp fresh mint, finely chopped
2 tbsp fresh flat-leaf parsley, finely chopped
½ tsp paprika
175g self-rising flour
Sea salt and freshly ground black pepper
Sunflower oil for frying

Method

1. Whizz the tomatoes and onions in a blender for 5-6 seconds, alternatively place the tomatoes in a bowl and pound them to a pulp with a potato masher and then add the onion.
2. In a large bowl combine all the ingredients apart from the flour and mix well.
3. Gradually add the flour until the mixture becomes a thick. Cover the mixture with a tea towel and refrigerate for at least an hour to firm up.
4. Take a tablespoon of the mixture and roll into small balls the size of a walnut.
5. Over a medium heat, in a large heavy-based frying pan heat 3cm of vegetable oil until hot but not smoking and fry the tomato keftedes in batches for 2-3 minutes on each side until they are evenly golden brown.
6. Serve immediately.

