



Slow Cooker Meatballs with Redcurrant Sauce

Serves 6

Ingredients:

- 450g minced beef
- 30g breadcrumbs
- 45g dried cranberries
- 1 onion, finely chopped
- ½ tsp salt
- 1tsp freshly ground black pepper
- ½ tsp ground allspice
- 1 egg, lightly beaten
- 2tbsp vegetable oil
- 4-5 tbsp flour

For the sauce

- 450g fresh or frozen red currants
- 400g light brown sugar
- rind of ½ orange, grated
- 1 shallot, finely chopped
- 85ml port wine
- ½ tsp dried rosemary
- fresh parsley, chopped (optional)

Method:

1. Mix minced beef with the breadcrumbs, cranberries, onion, salt, pepper, allspice and egg
2. Stir together until well combined and roll into 24 meatballs
3. Roll each meatball in the flour
4. Heat oil in a frying pan and cook the meatballs for a few minutes, until browned all over
5. Drain on paper towels and place in the slow cooker
6. In a saucepan combine all the ingredients for the sauce
7. Bring to a boil and simmer for about 5 minutes and add to the slow cooker
8. Cook on low for 3-4 hours

