

M'thouem (Mtewem)



Mtewem is a typical Algerian dish of meatballs & chickpeas in a red sauce packed full of garlic and finished with toasted flaked almonds. It is usually served during Ramadan in Algeria.

Prep Time: 15 minutes

Cook Time: 40 minutes

Serves: 4-6

Meal Type: Main



Ingredients:

FOR THE SAUCE:

- 1 onion, finely chopped
- half head of garlic, minced
- 1 tsp cumin
- 1 tsp tomato paste
- 1 tsp paprika (sweet paprika preferred)
- 1 small can of chickpeas, drained
- 3 TBS oil
- black pepper, to taste
- salt, to taste
- water
- 1 handful of blanched or toasted sliced almonds

FOR THE MEATBALLS:

- 500g - 1lb ground beef
- 1 egg
- ½ cup breadcrumbs
- ½ tsp cumin
- half head of garlic
- salt, to taste
- black pepper, to taste
- ½ cup water

Method:

1. Knead the ground meat in a large bowl by adding little water and continue to gradually knead in until you've used up all the water; Now combine egg, breadcrumbs, garlic and spices.
2. Oil your hands, then form walnut sized meatballs.
3. Brown the meatballs in the oil in a large sauce pan. Remove and set aside.
4. Add onions into the pot and sauté until golden. Add garlic, meatballs, chickpeas, spices and tomato paste into the pan. Add enough water to cover and bring to boil.
5. Cover and reduce heat to low, cook for about 20 minutes, or until the meat is tender.
6. Once the meatballs are cooked through, remove the meatballs and continue to reduce the sauce for an additional 10 minutes, or until the sauce has thickened a bit.
7. Once the sauce has slightly thickened, transfer into your serving platter with meatballs, then sprinkle with the toasted almonds.
8. Serve with fresh homemade bread.
9. You may pour Talbina over the meat or have it as a dip if desired, and serve!