

# Odysea

# NEWS!

## New for January 2010!

### Odysea Green Olives stuffed with Garlic

Our Garlic Stuffed Green Olives come from Rovies on the Island of Evia. Rovies is a single estate grove and is one of the few that still harvest the olives by hand. This traditional method reduces the likelihood of bruising and damage to the fruit. The olives are cured the same day as harvested and packed, by hand, on site.

**Hand Selected green olives stuffed with whole cloves of garlic, in extra virgin olive oil**

**£2.40 (230g)**

**Vegetarian Society approved**



Welcome to our first newsletter bringing you the latest on new products, recipe ideas and special offers!

## WINTER SALE

### 25%\* OFF!

all orders placed online at [www.odysea.com/shop](http://www.odysea.com/shop) during January and February. Simply quote MM025 at the checkout.

\*Discount applies on orders placed until 28 February 2010 and is subject to availability

## Soutzoukalia me Elies - (Greek Meatballs with Olives in Tomato Sauce) A traditional Greek recipe from Vali Manuelides

### For the meatballs:

- 500g finely minced meat (preferably a mix of 250g lamb and 250g beef or veal)
- 1 large onion, grated or finely chopped
- 100g bread (soaked in water and then squeezed dry)
- 1 medium egg
- 1 tsp oregano
- 2 tsp cumin
- 1 tbsp fresh chopped parsley
- 1 tsp freshly ground black pepper
- 1 tbsp **Odysea Aged Corinthian vinegar**
- 250g Green cracked olives, (try substituting 120g with **Odysea Green Olives stuffed with Garlic**)

### For the sauce:

- 500g lightly concentrated tomato sauce (ideally **Odysea Tomata Perasti**)
- 1 glass white wine
- 1 tsp sugar
- 2 cloves garlic, crushed (optional, and not necessary if using **Odysea Green Olives stuffed with Garlic**)
- ½ cup **Odysea Extra Virgin Olive Oil**

Put the onion, bread, egg, salt, pepper, cumin parsley vinegar and oregano in a food processor and blend well. Place the mixture in a bowl and add the minced meat, mix together with your hands. Take approx 1tbsp of the mixture and form it into an oval shape meatball, continue until all the mixture has been used. Should yield approx. 30 meatballs.

Oil a flat oven-proof dish or deep baking tray and place the meatballs side by side in one layer. Bake in the middle of a very hot, pre-heated oven (200c) for 20 minutes until the tops become brown. Remove and pour the wine over them. Return to the oven while you prepare the tomato sauce.

In a large jug mix together tomato sauce, sugar, salt, olive oil, garlic (optional) and olives.

Remove the meatballs and pour tomato and olive sauce mix over them. Return to the oven and bake until the sauce begins to bubble (about 5 minutes) then reduce the temperature to 180c and cook for a further 20 minutes.

