



On top of spaghetti...

Perk up with a double tomato meatball pasta treat

THE kids used to sing that popular ditty whenever we ate spaghetti and meatballs ... right up to the part when the meatballs "rolled out of the door, and under a bush..." and then the poor meatball was nothing but mush..." That was when the adults usually intervened in stentorian tones.

Spaghetti and meatballs must be a universal childhood favourite and our recipe this week is for those who wrote in asking for a recipe using two of the most popular sauces under the MAGGI label - MAGGI Tomato Sauce and the unique MAGGI Seasoning.

MAGGI Seasoning, especially, makes the meatballs taste sweet and special, and paired with our nice thick double tomato sauce, everyone in the family will enjoy the dish as a quick weekend treat.

Just a couple of things to remember for a fail-proof effort.

Cook your spaghetti in plenty of water. They like space to move

around when they boil, and if you add a little salt and olive oil to the pot, it makes the pasta even happier.

Drain the pasta and immediately add a good spoonful of olive oil to toss them around in. Extra virgin olive oil is now easily available even in neighbourhood mini-marts and has the best flavour, which is kind of sharp and fruity.

If you don't like the taste, just use a good canola or corn oil. Add a little crushed garlic to the pasta if you like, or some chopped basil.

Some cooks take the effort to skin their tomatoes before cooking the sauce. I simply cut the little fruits into halves and throw them in the saucepan. As the tomatoes cook, the skins will curl up and come away. Just pick off the skins and throw them away if you want.

I find this tomato sauce rich enough without adding cheese to it. A little goes a long way as it's really intense. But feel free to sprinkle on parmesan or grated emmenthal if you like and add or subtract according to taste. Bon appetit!



by
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WINNING LETTER:

I enjoy all the MAGGI recipes in Weekend TODAY. Recently, I tried the Chilli Prawn Mix, Sweet & Sour Fish Mix as well as the Tom Yam paste. They tasted great and were not at all expensive. Other brands don't taste as good as MAGGI's. Once again, thank you for your fabulous recipes. I really enjoy them.

Wendy Koh

via homechef@newstoday.com.sg

Thank you, Wendy. You have won a hamper of MAGGI products which we hope you will enjoy immensely. Email us your latest recipes.

Do you have a question about MAGGI products?

E-mail homechef@newstoday.com.sg.

The letter chosen for publication each week
WINS a MAGGI Hamper.

THIS MONTH'S DIARY:

FUN COOKING WITH MAGGI is a cooking workshop conducted by Nancy for children from eight to 13 years old. Details at www.lifeskills-lifestyle.gov.sg.
June 22, 2.30pm Punggol Park CC, call tel: 6387 3036

TAKE A TIP TODAY



Tomatoes for instant flavour

Tomatoes are vine fruits, or to be totally accurate, berries. First used by the Aztecs, they were introduced to Europe by Spanish colonists. The Italians adopted this strange fruit so heartily that we cannot now imagine pasta without tomatoes. It is a rich source of vitamins, potassium, protein and beta carotene and can be eaten cooked, raw, pickled, dried, in jams, in sauces or drank as a juice or as a cocktail mix.

Here are some tips for cooking tomatoes:

- Seed larger tomatoes before cooking. The seeds can get tart and taste bitter to small children with sensitive taste buds.
- Chill cherry tomatoes and add to green salads for instant flavour and colour. The plum-shaped honey reds are sweetest.

Double Tomato Meatball Pasta

Ingredients:

- 1 cup MAGGI Tomato Sauce
- 1 teaspoon MAGGI Seasoning
- 500 gm spaghetti
- 500 gm chicken or beef, roughly minced
- 1 small brown onion, finely chopped
- 5 cloves garlic, minced
- 1 punnet cherry tomatoes, cut in halves
- 2 teaspoons cornflour
- Olive oil (or canola or corn)

Method:

1. Start spaghetti cooking. Boil a large pot of water, adding a teaspoon of salt and a tablespoon of oil to the water. Add spaghetti when water is

boiling and give it a good stir. Pasta is done when you can bite through a strand easily.

2. Season meat with MAGGI Seasoning, pepper and cornflour. Add chopped onions. Stir vigorously in one direction. Shape into meatballs.

3. Fry minced garlic in a large pan. Add tomatoes and cook for two minutes on high heat.

4. Add MAGGI Tomato Sauce. Lower heat and add meatballs. Cook about five minutes. Add a little water as the tomatoes thicken the sauce. Taste and sweeten with just a little sugar if tomatoes are too sour.

5. Plate the pasta and pour the meatballs and sauce over. Serve hot.

(Preparation time: 20 minutes. Serves four.)

Grocery List/Price Guide:

MAGGI Tomato Sauce (\$1.12/475 gm bottle)

MAGGI Seasoning (\$3.04/234 gm bottle)

500 gm spaghetti (abt \$2.80)

500 gm chicken or beef mince (\$3.00)

onion/garlic (\$0.50)

1 punnet cherry tomatoes (\$1.20)

Estimated total cost: \$11.54

Note: When buying spaghetti, look for those easy cooking varieties that will take only five to eight minutes to get ready. Choose minced meat with a little fat in it. The meatballs will be nice and moist and not too hard.

