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## ITALIAN VENISON MEATBALLS IN A CLASSIC ITALIAN TOMATO SAUCE

Adapted from: The Classic Food of Northern Italy *Anna del Conte* 1995, Pavilion Books Limited.

### Tomato Sauce - "Sugo di Pomodoro"

2 tbsp extra virgin olive oil  
2 tbsp unsalted butter  
1 medium Spanish onion chopped finely  
1 celery stalk chopped finely  
1 carrot chopped finely  
1 garlic clove  
1 tsp concentrated tomato paste  
1 handful fresh flat leaf parsley, chopped  
6 fresh basil leaves  
1 can chopped tomatoes  
Salt and pepper  
Heat oil and butter in saucepan.  
Add onion, celery, carrot and garlic & saute until soft and fragrant.  
Mix in tomato paste and cook for 1 minute.  
Add herbs, tomatoes salt and pepper.  
Cook over moderate heat for 30 minutes.

### Italian Venison Rissoles - "Polpette"

500 gm venison mince  
150 gm fresh ricotta  
1 large egg  
1 small bunch parsley – leaves only, chopped  
1 clove garlic, chopped or minced  
3 tbsp freshly grated parmesan  
2 tbsp plain flour  
Salt and pepper  
1 tbsp olive oil  
1 tbsp butter

Mix venison mince and ricotta in a bowl.  
Lightly beat egg, add it and the garlic, parmesan and herbs to mixture.  
Add salt and pepper to taste.  
Mix with hands thoroughly - it is a very moist mixture.  
Moisten hands and make balls about the size of a golf ball (this is messy but definitely worth it!).  
Flatten each ball slightly.  
Refrigerate for about 1 hour.

#### To cook:

Roll each ball in seasoned flour.  
Heat oil and butter in pan.  
Place polpette in a pan and cook both sides until golden (5 minutes).  
Remove from heat.  
Place Polpette on top of tomato sauce in pan and cover with sauce.

Simmer for 10-15 minutes.

To serve: Serve as an entrée with a fresh basil leaf.

