



Venison Meatballs with a Mediterranean Sauce

Serves 4 - 24 small meatballs

Ingredients:

500g (1lb) Venison Mince
2 tbs of vegetable oil
1 onion finely chopped
1 tbs finely chopped parsley
Salt, Pepper
Butter / Oil if frying
1 egg beaten
Flour

For the Sauce:

1 onion or 2 shallots
1 large clove garlic
1 chilli pepper (optional)
75 g butter
500g tinned tomatoes
Salt, Pepper
Small carton sour cream
Fresh Basil Leaves

Instructions:

Fry onion gently until soft and golden brown. Remove from heat and allow to cool before mixing well with the rest of the ingredients, except the flour. Form mixture into 24 meatballs, squeezing them tightly together in your hand so they stay together while cooking. When ready to cook, either roll in flour and fry in butter and oil until brown all over; or, place on an oiled baking tray and bake in hot oven for 10 minutes until brown. Then add to sauce:

Make a simple tomato sauce: Peel and chop the onion and garlic. De-seed and chop the chilli - if using. Melt butter in small pan, add onion, garlic and chilli and cook until soft. Add tomatoes and simmer for 5 minutes or so. Add salt and pepper to taste before serving with a dollop of sour cream and torn basil leaves. Sprinkle a dusting of paprika on the cream to garnish.