

Venison Meatballs in a Ragu Sauce



Enjoy this supper served with a generous amount of spaghetti with equal amounts of the meatballs and sauce over. Garnish with parsley, or sprinkle parmesan over if preferred.

Serves 4

Meatballs:

450g venison mince
2 eggs
125 ml milk
200g breadcrumbs
75g grated parmesan
1 garlic clove crushed
1 tbsp vegetable oil

Ragu Sauce:

1 tbsp vegetable oil
1 onion finely diced
1 carrot finely diced
1 stick celery diced
4 garlic cloves crushed
150g tomato purée
450ml red wine
450ml chicken stock

1. For the meatballs, beat the eggs and milk together in a bowl. Add the minced venison, breadcrumbs, parmesan and garlic and mix well. Mould the meatball mixture into balls, each the size of a golf ball.
2. Place the meatballs onto a plate or tray and chill in the fridge for 20 minutes.
3. Heat the oil in a frying pan over a medium heat. Remove the meatballs from the fridge and place into the hot frying pan. Fry for 8-10 minutes, or until golden-brown all over.
4. For the ragu, heat the oil in a separate frying pan. Fry the onion, carrot, celery and garlic for 5-6 minutes, or until softened.
5. Add the tomato purée and cook for a further 7-8 minutes, until the sauce is thick and deep red in colour.
6. Add the wine, chicken stock and rosemary and bring to boil. Reduce the heat and simmer for 45 minutes to an hour.
7. Add the meatballs to the sauce and simmer for 5-6 minutes, until the meatballs are completely cooked through.