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ITALIAN VENISON RISsoles – “POLPETTE”

Ingredients

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
Tbsp plain flour
Salt and pepper
1 tbsp olive oil
1 tbsp butter

Instructions

Mix venison mince and ricotta in 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 and cook both sides until golden (5 minutes).

Remove from heat.
Place Polpette on top of tomato sauce (your regular rissole sauce) in pan and cover with sauce.
Simmer for 10-15 minutes.

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

Recipe compliments of Mandagery Creek Venison
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