

## Fricadelles Recipe

Origin: France      Period: Traditional

### How to Make: Fricadelles

#### Ingredients

2 slices white bread  
4 tbsp white wine  
300g boned game meat  
1 pinch of cinnamon  
2 tbsp grated Parmesan cheese  
1 egg yolk  
3 tbsp butter  
2 tbsp plain flour  
3 tbsp tomato puree  
150ml bouillon  
a few rosemary leaves  
salt and freshly-ground black pepper

#### Fricadelles Preparation:

##### Method:

Soak the bread in the wine then squeeze dry and crumble. Mince the game meat then combine in a bowl with the bread, cinnamon, cheese and egg yolk. Season to taste then work the mixture together with your hands. Form into eight balls then flatten these slightly.

Heat the butter in a large frying pan. When hot, dip the fricadelles in flour, add to the pan and fry until browned all over.

Now combine the tomato puree with the bouillon and pour this around the fricadelles. Add a little rosemary, bring to a simmer and cook gently for 30 minutes. Add a lid if the sauce seems to be reducing too quickly.

