

FOOD IS CULTURE

The Food is Culture project aims at making European citizens aware that food heritage is a way to express their belonging to Europe and to better understand the richness and uniqueness of its cultural diversity.

Roussillon Dry Rancio Wine (France)

Spiced meatballs (boles de picolat)

For 4 people

1 kilogram of beef
500 grams of pork sausage
5 ripe tomatoes, cut into small dice
tomato sauce
4 onions
2 or 3 cloves of garlic
1 or 2 baguettes, soaked in water or milk
4 egg whites
1 sprig of parsley, chopped
300 milliliters of Roussillon Dry Rancio Wine (rancio sec)
400 grams of olives
400 grams of champignon mushrooms, sliced
extra virgin olive oil
salt
pepper

Preparation and cooking time: 2 hours

Sauté the sliced mushrooms and the olives in extra virgin olive oil.

Chop the meat and 2 onions and add 1-2 cloves of crushed garlic, the parsley, egg whites, and soaked baguette. Season with salt and pepper and then mix until creamy.

Form the meatballs.

Meanwhile, chop 2 onions and 1 clove of garlic and brown them in a saucepan. Add the rancio sec and diced tomatoes. Cook for 5 minutes. Add the tomato sauce and some water and bring to a boil. Cook the meatballs in the sauce over a low flame, with the pot uncovered, for about 30 minutes. Add the sautéed mushrooms and olives.



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