



MR ÉMILE AND HIS ITALIAN DEER

ITALIAN-STYLE DEER MEATBALLS

The Upland Cook: Day to day



Easy



60 minutes



Lunch



3-4 Portions

Recipe based on the works of François Chartier, molecular harmonies , exploring the aromatic pathway of cold taste, the aniseed flavor. Fettuccine with cream sauce, spinach, fresh fennel, Mr. Émile goat cheese and Italian-style deer meatballs flambéed with Montreal Rosemont pastis.

INGREDIENTS

1 kg of minced venison
600 g of 85% fat minced pork
30 ml of minced garlic
30 ml of Spanish smoked paprika -
real Spanish smoked paprika, not
grocery store's paprika
10 ml of roasted fennel seeds
16 grams of salt
16 grams of pepper
7.5 ml of cayenne pepper
30 ml of Italian parsley
30 ml of Shiraz red wine
15 ml of Montreal Rosemont pastis
1 fresh fennel bulb
1 or 2 cups of fresh spinach
1/2 cup of 15% cooking cream
Half of a Mr. Émile (Blue Ribbon
Farm) goat cheese

STEPS

Preparation:

1. Venison Meatballs

Combine together:

Minced venison, minced pork, minced garlic, smoked paprika, roasted fennel seeds (half ground, half whole), salt, pepper, cayenne, Italian parsley, and red wine.

2. Roast the meatballs in a pan. Set aside.

3. Sauté the spinach with a bit of butter or duck fat, set aside.

4. Slice the fennel bulb using a mandoline. Sauté in a pan with a bit of butter or duck fat.

5. Combine fennel, spinach, meatballs, and pastis. Flambé the pastis and add the cream.

Reduce and add the fettuccine, Mr. Émile goat cheese

