




# Veal meatballs with thyme and mushroom sauce






A typical traditional recipe from Ticino reworked by SSSAT (Swiss Italian Tourism and Hotel Management School of Bellinzona).

## Preparation

	Time required	approx. 60 minutes
	Difficulty	Average - For amateurs
	Portion size	4 people

## Features

	Dish	Meat - Veal
	Typical product	Porcini - 0 km
	Suitable in	Autumn - Cold evenings

## INGREDIENTS

### Veal meatballs

- 480 g veal meat (shoulder)
- 40 g carrots
- 35 g onions
- 45 g celeriac
- 80 g stale bread
- approx. 1 dl milk
- 4 g fresh thyme
- 1 egg
- 8 g white flour
- 0.5 dl peanut oil
- Salt and pepper

### Porcini sauce

- 8 g dried porcini mushrooms
- 0.5 dl white wine for cooking
- approx. 1.5 dl demi-glace sauce
- 0.5 dl cream 35%

## PREPARATION

### Veal meatballs

1. Peel and coarsely chop carrots, onions and celeriac;
2. Soak the porcini mushrooms in cold water;
3. Soak bread in milk;
4. Peel the thyme and chop it;
5. Mince the meat, carrots, onions, celery and bread with a meat grinder;
6. Add eggs and thyme to the mixture and season (salt, pepper);
7. Make meatballs of 80 gr.;
8. Dust the meatballs with flour and sauté them in oil;
9. Deglass with white wine and pass the reduction (keep the reduction aside);
10. Bake the meatballs in hot air oven for 20-30 minutes, at 180 °C.

### Porcini sauce

1. Lightly chop the porcini mushrooms and stew them;
2. Add reduction and demi-glacé;
3. Refine with cream.