



FIELDING HILLS

WINERY

SERVES 6 PEOPLE  
PREP TIME 5 MINUTES  
COOK TIME 20 MINUTES

## Pork Meatballs in a Brazilian Feijoada - Style Sauce

From the kitchen of Fielding Hills Winery's Tasting Room Manager, Don Elsing, to you. We invite you to uncork and enjoy this simple to make, flavorful pairing with our 2017 Estate Tribute - Red Wine.



**1)** Heat 2 tablespoons of olive oil in a sauce pan over medium-low heat and add onion and garlic. Cover and sweat for four minutes until soft and a little golden

**2)** Add ground pork, sweated onion and garlic, herbs and egg to a bowl and season with salt and pepper. Mix thoroughly until everything is combined and divide the mixture into 24 even meatballs.

**3)** Add 3 tablespoons of olive oil to a frying pan and place over a medium heat. Add the meatballs and cook until golden all over, cooking in batches if necessary.

**4)** Meanwhile, make the sauce. Add the oil to a large sauce pan and throw the onion garlic and red pepper for two minutes or until light golden brown.

**5)** Add the remaining ingredients and bring to a simmer, then add the browned meatballs. Poach the meatballs in the sauce for 10 minutes until the meatballs are cooked through.

**6)** Divide between serving bowls and garnish with parsley. Serve with some plain steamed rice.

### Meatballs

5 **tblsp** **olive oil**  
5 **1/2 oz** **onion, finely chopped**  
1 **garlic clove, chopped**  
2 **lbs** **finely ground pork**  
1 **tblsp** **fresh herbs, such as parsley, marjoram, oregano**  
1 **egg, beaten**  
**salt**  
**pepper, freshly ground**

### Feijoda Sauce

2 **large onions, chopped**  
1 **red pepper, chopped**  
4 **garlic cloves, minced**  
1 **3/4 oz** **red lentils**  
16 **oz** **canned chopped tomatoes**  
16 **oz** **canned black beans**  
2 **tblsp** **canola oil**  
**fresh parsley, chopped**