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IN THE LOOP



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TRACEUS in Belgium

As the youngsters test our training and the platform, let me share the recipe for one of my favorite Belgian dishes: Les Boulets à la Liégeoise – Meatballs with raisins.





Ingredients

1 lb ground pork
1 lb ground beef
1 finely minced onion
1 large bunch finely chopped parsley
2 egg
1 slice dry white bread, torn into small pieces
and soaked in a bit of milk
1/3 cup dried bread crumbs
Salt, pepper, nutmeg

Sauce

3 finely chopped onions
thyme
4 tbsp. dark brown sugar
1 liter of beef broth
2 heaped tablespoons of sirop de Liège
A pinch of ground cloves (or 4 whole cloves)
2 bay leaves
6 juniper berries
1 teaspoon of red wine vinegar

Instructions

Heat oven to 400 degrees.

In a large bowl, mix together all the meatball ingredients, making sure everything is well incorporated. Form into 10 large meatballs, place on a foil-covered baking pan, and put in the oven for 40 minutes.

Meanwhile, start on the sauce. In a large heavy saucepan, heat 2 tablespoons canola oil and cook onions over low-medium heat until lightly browned.

Add 3 tablespoons of dark brown sugar and let onions caramelize a bit. Deglaze the pan with the vinegar.

Add a quart of beef broth, bring to a simmer, then add 2 tbsp sirop de Liège, the cloves (or ground cloves), and the juniper berries.

Season with salt and pepper and add the bay leaves. Simmer for 30-35 minutes.

Here, you can add some small raisins. You could also thicken the sauce with a flour-butter mixture or cornstarch.

Check seasoning. Add the meatballs to the sauce and simmer for a few minutes.

Serve with frites or boiled potatoes and a green salad.

A good Belgian beer is better than a bad belgian wine