

# WOLKI FARM RECIPES

*By Ann Wolki*

## OFFALY GOOD MEATBALLS

W/ FERMENTED FLAT BREADS & BASIL YOGHURT

Our beef, liver and heart mince is a great way to sneak in offal to our meals. Sub it in for your usual bolognese, lasagne etc. I know that some consumers will worry they can taste the offal, or their kids will! This recipe is foolproof, you will never know. One of the main reasons is I've used a few 'sweeter' ingredients that overpower any taste of the liver and heart.

If you are short on time or your kids prefer a crumbled mince mixture then skip the rolling part and cook the mince normally in a fry pan. This recipe also involves fermented flat breads. You can serve the meatballs with fermented rice or roast vegetables instead.

Why fermented flat breads? Well it makes it easier to digest by breaking down phytase and anti nutrients. The protein and fat content of the dairy makes it more nutrient dense and a fluffier product. Served with the meatballs and basil yoghurt its a great dinner dish.

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### *The Recipe*

#### Meatballs

- 500g Wolki Farm beef, liver and heart mince
- 60g grated apple or pear (skin on)
- 1/4 cup organic sulphur free sultanas (you can sub currants)
- 2 teaspoons paprika
- 1 teaspoon cumin seeds
- 1 teaspoon cinnamon
- 2 teaspoons coriander ground
- 1 teaspoon fine salt (like Himalayan)
- 1/2 teaspoon cracked pepper

#### Flat breads (makes 4 decent size breads)

- 100g organic selfraising flour
- 100g organic plain yoghurt
- pinch salt
- 1 tablespoon collagen powder

#### Basil Yoghurt

- 1 cup yoghurt
- handful basil leaves chopped (or sub mint, coriander)
- 1 teaspoon salt
- 1/2 teaspoon craked pepper
- zest of 1/2 lemon

Prep time: Flat breads-

3+ hours of ferment time

Meatballs-10 minutes

Cook time:15 minutes

Meatballs last for 5 days in fridge

Flat breads 3 days in fridge



1. To make the flat breads you want to ferment them for a minimum of 3 hours, ideally you'd leave them 12 hours! I find the easiest thing is to make the batter in the morning for that evenings dinner. Place the flour and yoghurt in a bowl and use a spatula to combine well until it forms a ball. Cover tightly with a beeswax wrap or glad wrap so they dont dry out. Leave on the bench.
2. For the meatballs add all ingredients to a large bowl and use your hands to combine the mixture. Shape into golf ball sized balls, the mixture is quite wet and not usually sticky. But you can dampen your hands slightly if you feel the need.
3. Heat a cast iron or stainless pan to medium high heat. Add in 1 tablespoon of tallow or lard, place enough meatballs to cover the pan without over crowding. Allow to cook until browned on that side then turn over with tongs.
4. Put a lid over the meatballs to allow them to cook through to the middle. Check them after 5 minutes, give them another 5 minutes if still raw in the middle. Repeat process if you have meatballs left, place cooked meatballs in a dish with a lid to keep warm.
5. While the meatballs are cooking mix all the basil sauce ingredients together in a bowl.
6. To make the flat breads sprinkle some more flour onto your kitchen bench. Place the dough onto the flour. It may be a bit dry on the outside, that is ok. Cut the dough in half and then half again (to make 4 even portions)
7. Take one portion and using a rolling pin start to flatten it out. Sprinkle it with flour on top if the rolling pin sticks. I roll one length of the dough, then turn it clockwise a little bit and roll again, continuing this process to evenly spread it out. Don't worry about a perfect circle! Oval shaped breads are easier to eat as a taco anyway.
8. If your meatballs have finished cooking then use the same pan, otherwise heat another fry pan to high heat. Add a little bit of fat. Gently pick up the rolled bread and place it into the pan.
9. Cook for 10-15 seconds and then flip. Cook for another 10 seconds. You almost undercook them, if you leave too long in the pan they become too browned and harden.
10. Repeat process for remaining 3 breads.
11. To assemble place a flat bread on a plate, smear with yoghurt sauce, place 3-5 meatballs on top. Add any desired toppings eg: rocket, grated carrot, ribboned cucumber, feta cheese.

