

Creole-style beef meat balls



**Food recipes
Maison La Mauny**

www.maisonlamauny.com

For 10 meatballs

**500 gr Beef (or any other meat:
pork, lamb, chicken,...)**

**A jar of Creole sauce (or a mixture
of: 1 chopped onion, 1 tbsp. oil,
1 tbsp. vinegar, chili peppers to
taste, salt)**

1 egg white

Oil for deep frying



10 minutes



**5 minutes
on high
heat**



**Watch out, they're hot! A recipe that will
delight fans of spicy dishes, but too hot
for some people.**

Prepare the meat: cut into pieces and fine grind. Prepare the Créole sauce: mix chopped onion, oil, vinegar, chili pepper and salt. Add 2 tbsp. of sauce and an egg white to the meat, stir well to obtain a homogeneous mixture. To make the meat balls, take a small amount of the ground meat mixture in your hands, squeeze it together and roll it between your hands. Fry meat balls in a saucepan with hot oil for approximately 2 minutes on each side.



**Cool off with a glass
of La Mauny Ti'punch**

Learn more about it on our website

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Please consume alcohol responsibly