

Bear Meatballs

A Wild Game Recipe by Chef Wilfred Beriau

Makes 28-30 meatballs

Prep Time
25 minutes

Cook Time
50 minutes

Total Time
1 hour 15 minutes

Ingredients

- 2 T olive oil
- 1 lb. bear meat ground
- 1 lb. bear sausage, bulk or strip out one pound of links
- ½ cup parmesan, cheese grated
- 1 egg, beaten
- ¼ cup onions, diced small
- 1 t garlic, minced
- 2 T each fresh basil and Italian parsley, chopped
- ½ cup Italian breadcrumbs
- ½ t poultry seasoning
- ½ t salt
- 6 cups marinara sauce
- 1 lb. cooked pasta shells, medium size (or fusilli)
- ¼ cup basil/parsley, chopped for garnish
- ½ cup freshly grated Parmesan, for garnish



1. Sauté the onion, garlic, parsley, and basil in a little olive oil. Mix with the egg and breadcrumbs.
2. In a mixing bowl, add the meat, onion mix, and all the seasonings, and gently mix until all is blended (use a mixer or gloved hands).
3. Roll the meatballs into 1-½ inch size balls, and place them evenly onto an oiled sheet pan (you may make them any size you like).
4. Bake in a preheated oven (400°) - 15 to 20 minutes until a safe internal temperature.
5. Simmer the marinara sauce while the meatballs are baking. When the meatballs are done, place them into the sauce and simmer for about 20-30 minutes, stirring gently.
6. When ready, divide the pasta between 6 warm, suitable bowls, and ladle sauce and meatballs over the pasta.
7. Sprinkle with freshly chopped basil and Italian parsley and a little extra Parmesan cheese. Serve with freshly baked Italian bread or baguette.

The wild game consumption advisory can be found at mefishwildlife.com/wildgameconsumptionadvisory



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