



li zhoor di laan New Year's Day



Appendix 1:

Round Prairie Métis Boulettes

Ingredients:

- 1 ½ lbs of ground beuf (beef)
- 2 medium sized zaayoon (onion)
- 3 tbsp la faarinn (flour)
- 1/2 tsp li sel (salt)
- 1/2 tsp li pwayvr (pepper)
- Optional – chopped celrii (celery) and diced paataak (potatoes)

Instructions:

1. Prepare a large pot of salted water to boil (measure with your heart)
2. Dice the zaayoon
3. In a large mixing bowl, mix the ground beuf with the zaayoon, adding li sel and li pwayvr.
4. Sprinkle in 1 ½ tbsp of la faarinn and mix with hands to form medium sized meatballs (think cookie dough ball sizes).
5. Mix the remainder of la faarinn with ½ tsp of li sel and li pwayvr, roll the formed meatballs in this mixture.
6. Add meatballs to boiling water, boil for 30 minutes.
7. Chop carrots and add to pot. (If you are adding the optional celrii and paataak, add at this time as well).

