

Elizabethan Fartes of Portingale
(Spicy muttonball soup)

Ingredients

6 cups beef broth **or** stock
1 lb. ground lean lamb **or** mutton
1/4 tsp. ground cloves
1/8 tsp. ground mace
1/2 tsp. salt
1/8 tsp. fresh ground pepper
1 1/2 Tbs. currants
1 1/2 Tbs. pitted dates
parsley for garnish

Utensils

measuring cup
measuring spoons
large cookpot with lid
slotted spoon
spoon
ladle
mixing bowl
plate
plastic wrap
serving bowls

Mince the dates. Place all the remaining ingredients except the stock and parsley in the mixing bowl. Thoroughly mix the spices with the meat. Roll the mixture into 12 small balls, placing them on a plate. Cover the plate with plastic wrap if not using immediately and store in the refrigerator. Make the beef broth or stock. Beef broth and good stock can be bought in the store. The dish can be prepared up to this point in advance. Place the stock in the cookpot and bring to a boil on the stove over medium heat. When the stock is boiling, reduce the heat to low and simmer. Using a slotted spoon, place the meatballs into the simmering stock. Cover with the lid and simmer for 10 minutes or until the meatballs are done. Using a spoon, skim off any excess fat. Ladle the soup into the serving bowls and garnish with parsley. Serve hot.