

## Les Boulettes (Meatballs) et li Beignes (Fry Bread)

“Bullets and Bangs” make up a popular Metis food combination. Li baignes are fried bread made from stretched bread dough. This is what the Metis call fried bannock. It is usually eaten on Fridays, especially during Lent. As a treat, they place them in a brown paper bag with icing sugar and shaken to coat them with the sugar. Les boulettes are Metis meatballs. This traditional food is made from lean ground meat with flour, finely chopped onions and black pepper. The ingredients are mixed to form two to three inch meatballs. They are then rolled in flour and placed in boiling water with a teaspoon of salt and simmered gently for one hour to cook. Traditionally these were made from moose, elk and other meats. Boulettes were a favourite New Year’s Day dinner. It is probably a variation of the pork-based ragout of meatballs used by French Canadians.



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