

Boudin Balls

Oscar · 28/09/2024



Prep Time

4 hrs

Difficult

Medium

Servings

6 hrs 45 mins

Description

These boudin balls have a textural contrast between the crispy outside and moist savory inside that is a wonder to behold. The taste is just as impressive. Intensely flavorful and satisfying, these boudin balls would win any Big Game food table on which they appeared. Hint hint. Serve with remoulade sauce.

Ingredients

- 1 ¾ pounds boneless pork shoulder
- cut into 1-inch cubes - 6 ounces chicken livers
- rinsed and trimmed - 1 yellow onion
- diced - 2 stalks celery
- diced - ½ cup diced poblano pepper - ½ cup seeded and diced jalapeno pepper - 6 cloves garlic
- minced - 3 tablespoons kosher salt - 1 ½ tablespoons ground black pepper - 1 teaspoon chili powder - 1 teaspoon cayenne pepper - 4 cups cooked white rice
- or more to taste - ½ cup chopped fresh parsley - ½ cup chopped green onion - 2 cups oil for frying
- or as needed - 1 cup all-purpose flour - 1 pinch cayenne pepper
- or to taste - salt and ground black pepper to taste - 1 cup dry bread crumbs - 2 large eggs
- beaten

Instructions

1. Gather the ingredients. Stir pork shoulder
2. livers
3. onion
4. celery
5. poblano pepper
6. jalapeño pepper
7. garlic
8. salt
9. 1 1/2 tablespoons ground black pepper
10. chili powder
11. and 1 teaspoon cayenne pepper together in a large pot. Cover the pot with a lid and refrigerate until flavors combine
12. 2 hours to overnight. Pour enough water into the pork mixture to cover by 2 inches; bring to a boil
13. reduce heat to low
14. and simmer until meat is tender
15. about 1 1/2 hours. Remove from heat. Pour mixture through a strainer
16. reserving strained liquid and meat separately. Transfer drained meat mixture to a cutting board and finely chop. Stir chopped meat
17. rice
18. parsley
19. and green onion together in a bowl. Gradually add reserved cooking liquid
20. one ladleful at a time
21. to meat mixture
22. stirring until completely incorporated between each addition
23. until mixture has a paste-like consistency. Cover the bowl with plastic wrap and refrigerate until chilled
24. at least 2 hours to overnight. Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C). Roll chilled meat mixture into 1-inch balls. Make a breading station: Whisk flour
25. 1 pinch cayenne pepper
26. salt
27. and black pepper together in a shallow bowl. Pour breadcrumbs into another shallow bowl. Beat eggs in another shallow bowl. Gently press a ball into flour mixture to coat; shake off the excess flour. Dip ball into beaten egg; press ball into bread crumbs. Place breaded ball onto a plate and repeat breading process with remaining balls. Working in batches
28. cook boudin balls in preheated oil
29. turning once
30. until crispy on the outside and hot on the inside
31. 3 to 4 minutes. Nutrition: The nutrition data for this recipe includes the full amount of the breading ingredients. The actual amount of the breading consumed will vary. We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount will vary depending on cooking time and temperature
32. ingredient density
33. and the specific type of oil used.