



Meatball Tom Toms with Parmesan Cream

READY IN



85 min.

SERVINGS



6

CALORIES



830 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon chicken stock cube
- 2 eggs
- 1 tablespoon parsley fresh minced
- 1 teaspoon parsley fresh chopped
- 1 teaspoon garlic minced
- 8 ounces ground beef
- 8 ounces ground pork
- 8 ounces ground veal
- 2 cups heavy cream

- 1 teaspoon oregano fresh minced
- 2 tablespoons panko breadcrumbs
- 0.3 cup powdered parmesan
- 4 cups vegetable oil for frying

Equipment

- sauce pan
- whisk
- mixing bowl
- skewers

Directions

- For the tom toms: In a small mixing bowl, whisk the eggs, parsley, garlic and oregano until blended. Next, in a separate mixing bowl, blend lightly by hand the beef, pork and veal, ensuring not to overwork or over blend. Then add the herbed eggs to the blended meats, again mixing by hand, and then finish with the panko.
- Mix for a final time to bind the meats and eggs, then hold in the refrigerator for 20 to 30 minutes, or until usage.
- For the Parmesan cream: In a saucepan over medium heat, add the cream and chicken base, simmering until slightly thickened, 10 to 15 minutes. Once thickened and reduced, add the cheese and parsley, reduce the heat and cook for a final 10 minutes.
- Remove from the heat and hold warm.
- After resting the tom tom meat, portion into 1-inch round balls, then hold cold until cooking.
- In a 3-quart saucepan over high heat, bring the oil to 350 degrees F, then reduce the heat to medium-high. Fry the tom toms 10 to 12 at a time until the interior temperature reaches 160 degrees F, 3 to 4 minutes. Repeat the process until all the tom toms are cooked. Once cooked, add the tom toms to a large mixing bowl and blend with the cream sauce, tossing to coat.
- Remove from the sauce and skewer each with a 6-inch skewer to serve.

Nutrition Facts



■ PROTEIN 12.64% ■ FAT 84.77% ■ CARBS 2.59%

Properties

Glycemic Index:21, Glycemic Load:0.09, Inflammation Score:-8, Nutrition Score:19.557825793391%

Flavonoids

Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 829.77kcal (41.49%), Fat: 78.55g (120.85%), Saturated Fat: 30.81g (192.56%), Carbohydrates: 5.39g (1.8%), Net Carbohydrates: 5.07g (1.84%), Sugar: 2.69g (2.99%), Cholesterol: 232.13mg (77.38%), Sodium: 291.02mg (12.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.36g (52.72%), Vitamin K: 70.29µg (66.95%), Selenium: 26.87µg (38.39%), Vitamin B3: 6.4mg (32.01%), Vitamin B12: 1.9µg (31.67%), Phosphorus: 314.28mg (31.43%), Vitamin B2: 0.49mg (29.1%), Zinc: 4.13mg (27.55%), Vitamin A: 1343.87IU (26.88%), Vitamin B1: 0.38mg (25.42%), Vitamin B6: 0.49mg (24.65%), Vitamin E: 3.59mg (23.96%), Calcium: 141.57mg (14.16%), Vitamin B5: 1.41mg (14.13%), Potassium: 446.6mg (12.76%), Iron: 2.09mg (11.63%), Vitamin D: 1.62µg (10.81%), Magnesium: 34.81mg (8.7%), Folate: 25.33µg (6.33%), Copper: 0.12mg (5.75%), Manganese: 0.08mg (4.05%), Vitamin C: 1.82mg (2.2%), Fiber: 0.32g (1.3%)