



Potato Pork Croquette: Korokee

READY IN



65 min.

SERVINGS



24

CALORIES



830 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter cubed for sauce
- ☐ 2 liters canola oil for deep-frying as needed
- ☐ 1 tablespoon grapeseed oil
- ☐ 2 tablespoons curry paste green
- ☐ 1 pound ground pork
- ☐ 1 juice of lime juiced
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1 cup orange juice
- ☐ 2 cups panko bread crumbs seasoned with salt and pepper

- ☐ 1 cup pineapple juice
- ☐ 2.5 pounds potatoes peeled to cover
- ☐ 24 servings salt and pepper black freshly ground
- ☐ 2 tablespoons scallions white green thinly sliced

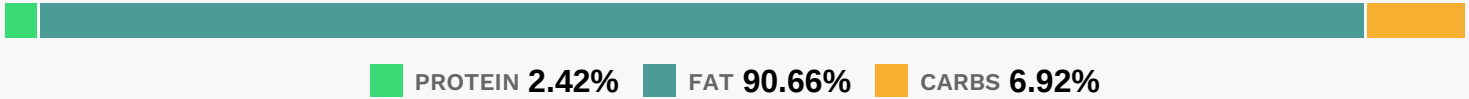
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Heat the grapeseed oil in a large skillet over medium-high heat.
- ☐ When it begins to shimmer, add the ground pork and cook for about 10 minutes until it begins to brown. Using a slotted spatula, temporarily transfer meat to a plate, drain the excess fat from the skillet and return the pork to the pan.
- ☐ Add the soy sauce and cook for 2 or 3 minutes to allow the flavors to integrate, then season to taste with salt and pepper. Stir in scallions, and cook for 2 or 3 more minutes, then remove from heat and let cool to room temperature.
- ☐ While the meat is browning, boil the potatoes until tender and drain well. Mash the potatoes with butter. (You want these potatoes to be "tight" mashed potatoes, not loose.)
- ☐ In a medium saucepan, combine orange juice, pineapple juice, lime juice and green curry paste. Allow to reduce by half over medium heat.
- ☐ Heat the oil in the deep-fryer to 375 degrees F or as directed in the manufacturer's instructions for similar foods.
- ☐ Combine the mashed potatoes with the pork mixture and roll into golf-ball sized spheres.
- ☐ Roll in the bread crumbs and add to the deep-fryer basket. Cook until golden brown and drain on paper towels.
- ☐ Remove sauce reduction from heat and whisk in cubed butter.
- ☐ Spoon some sauce onto a serving plate and use as a dipping sauce for the korokee.

Nutrition Facts



Properties

Glycemic Index:14.57, Glycemic Load:7.18, Inflammation Score:-4, Nutrition Score:12.510434606801%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 829.61kcal (41.48%), Fat: 84.87g (130.58%), Saturated Fat: 8.07g (50.42%), Carbohydrates: 14.59g (4.86%), Net Carbohydrates: 13.18g (4.79%), Sugar: 2.66g (2.95%), Cholesterol: 16.12mg (5.37%), Sodium: 105.97mg (4.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.19%), Vitamin E: 14.03mg (93.53%), Vitamin K: 58.81µg (56.01%), Vitamin C: 16.16mg (19.59%), Vitamin B1: 0.24mg (16.05%), Vitamin B6: 0.23mg (11.75%), Manganese: 0.19mg (9.53%), Potassium: 305.56mg (8.73%), Selenium: 6.1µg (8.71%), Vitamin B3: 1.73mg (8.66%), Phosphorus: 73.81mg (7.38%), Fiber: 1.4g (5.61%), Vitamin B2: 0.09mg (5.25%), Vitamin A: 255.61IU (5.11%), Magnesium: 20.24mg (5.06%), Iron: 0.9mg (4.98%), Folate: 19.81µg (4.95%), Zinc: 0.66mg (4.38%), Copper: 0.09mg (4.32%), Vitamin B5: 0.33mg (3.28%), Vitamin B12: 0.15µg (2.53%), Calcium: 23.29mg (2.33%)