

Tuna Potato Patties



Sirve:

9 servings, 2 patties each

Pieza:

Cooking Thermometer
Saladmaster Food Processor
7 Qt./6.6 L Roaster with Cover
6 Qt. (5.6L) Culinary Basket
Two Burner Griddle
large mixing bowl
Cookie Sheet (12 ½ x 15 ½)

Valora: ★★☆☆☆

[Agregar un Comentario](#)

Descripción de la Receta:

This recipe is a delicious seafood treat for the whole family. The diversity of this recipe can make it a different eating experience, and fun cooking experience, every time you serve it. Use different herbs and spices, chopped vegetables, or a different sauce, and it's another new, tasty eating event.

Although Saladmaster does not recommend deep frying as part of a healthy lifestyle, you may choose to make fried food on occasion. And for those special times we want to make cooking as easy as possible.

¾ cup
breadcrumbs
(90
g)
6 ounces
tuna, drained and chopped
(170
g)
1 large
potato, baked, remove from skin
½ large
onion, julienned, use Cone #2
1 egg
¼ teaspoon
salt
(1.5
g)
¼ teaspoon
black pepper
(.5
g)
1 gallon + 1 ½ quarts
oil for deep frying

(5.2
L)

Preparación :

1. Sprinkle breadcrumbs on cookie sheet for fast cleanup. Set aside.
2. Place tuna in bowl. Cut potato into very small pieces (or crush with the back of a fork) and add to tuna.
3. Add onions, egg, salt and pepper, and blend thoroughly (you may want to use your hands to mix).
4. With your hands, scoop about 2 ½ tablespoons (32 g) of the mixture, and shape into a tight ball. Roll ball in breadcrumbs on cookie sheet. Flatten ball into a patty by pressing with the heel of your hand and then gently press patty edges to make a secure, firm, round edge. Press in additional breadcrumbs so patty is thoroughly covered. Place patties around edges of cookie sheet in preparation of frying.
5. Place culinary basket in roaster and add oil in roaster (the oil will just cover the woven basket portion up to the solid frame of the basket). Set temperature on medium heat. Heat oil to 350°F/175°C - 375°F/190°C; use a thermometer to test temperature before starting to cook. Do not overheat or under-heat oil.
6. Using a slotted spoon, gently place 3 patties, one at a time, into the hot oil, Oil will burst into churning bubbles. Cook until golden brown, using slotted spoon to turn the patties over to cook both sides, approximately 50 seconds total.
7. Remove patties with slotted spoon and place on paper towels to capture excess oil.
8. Repeat until all patties are cooked. Serve with your favorite sauce.

Consejos:

- Serve with coleslaw and baked sweet-potato fries.
- Serve with ketchup, tartar sauce or sauce of your choice. Try with the following easy to make dill sauce: 1 tablespoon lemon juice (15mL), 1/4 cup lite mayonnaise (60g), 1 teaspoon coarse Dijon mustard (4.5g), 1 tablespoon fresh dill, chopped (14 g)
- Substitute canned chicken or salmon for tuna.
- For a change, add additional herbs or spices to mixture prior to cooking, such as Old Bay seasoning, diced bell peppers, or crushed red pepper.
- Substitute leftover mashed potatoes for baked potato.

Información nutricional por ración

Calorías: 343
Grasa Total: 24g
Grasa 4g
Saturada:
Colesterol: 57mg
Sodio: 380mg
Carbohidratos: 19g
Fibra 1g
Dietética:
Azúcar: 2g
Proteína: 12g