

Betty's Deep-Fried Mashed Potato Balls



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In this video, Betty demonstrates how to make Deep-Fried Mashed Potato Balls. This is a great accompaniment to any dish you would serve with potatoes.

Ingredients:

2 cups cold mashed potatoes (You may use leftover mashed potatoes, or you can make and chill a package of instant mashed potatoes--any flavor; it will make about 2 cups.)

2 well-beaten eggs (I started with one egg in the video, but had to add another to do the whole amount of mashed potatoes.)

freshly ground sea salt, to taste (You may use regular table salt.)

seasoned pepper, to taste (You may use regular ground black pepper or freshly ground peppercorns.)

½ cup cornstarch

1 cup fine, dry breadcrumbs (I used the plain variety, but you may use a flavored type, if you like.)

peanut oil for deep-frying

a sprig of parsley for garnish

Grind sea salt into beaten eggs, to taste. Sprinkle beaten eggs with seasoned pepper, and set aside. Place ½ cup cornstarch in a shallow dish; also place 1 cup fine, dry bread crumbs in another shallow dish. Begin making your Deep-Fried Mashed Potato Balls by first forming a coating the balls: Take enough of the cold mashed potatoes into your hands to roll it into a 1-inch ball. Dip the ball into the egg mixture, then into the cornstarch, then back into the egg mixture, and finally into the breadcrumbs, tossing it gently to get it completely coated. Once it is completely coated, place it on a waiting plate, and repeat the process with the remaining cold mashed potatoes. You will get about 15 balls (or more if you make them a bit smaller than mine). When the balls are formed and coated, place them in the refrigerator or freezer to get them very cold, but not frozen. When ready to deep-fry the balls, put a little more than an inch of peanut oil in a heavy pot over medium heat. Let the oil get to about 350 degree (F). Place a ball on a slotted spoon and ease it into the hot oil. It should sizzle. You will be able to tend about 5 or 6 balls at a time. These do not need to be turned or moved, but they should be watched for brownness. When they are nice and brown, remove them from the hot oil with a slotted spoon, and place them on a paper towel-lined plate to drain. Repeat this process until all coated potato balls have been deep-fried. Transfer the drained mashed potato balls to a nice serving plate, and garnish with a sprig of parsley. Serve immediately, because they are best when hot! I hope you enjoy this recipe! It is easy and fun, and it is a procedure that I came up with that I wanted to share with you! Love, Betty ♥