

Portuguese Rissoles.

This was certainly a new pastry concept for us, but it worked really well. We filled ours with a Chinese flavoured Pulled Pork mixture as we are working on getting the most out of a £2.97 Pork Shoulder.

Ingredients:-

1 Cup of Buckwheat Flour
¼ Cup of Almond Flour
¼ Cup of Rice Flour
¼ Cup of Potato Flour
¼ Cup of Tapioca Flour
5 Tbsp of Butter / Margarine
300ml of Water
2 Eggs, beaten
Breadcrumbs, Gluten free for us
Oil to fry
Salt the taste
Filling of your choice

Method:-

(1) Bring your Water to the boil in a pan.
(2) Add Salt and the Butter / Margarine.
(3) Turn the heat off and combine the Flours.

(4) Add the Flour mix to the pan a little at a time stirring with a wooden spoon, until you form a ball of dough.
(5) Allow to cool completely.
(6) Dust a work surface with Flour and knead the dough.
(7) Roll out individual pieces into circles big enough to fill.
(8) Fill each centre with your choice of filling, we used Chinese Pulled Pork.
(9) Fold the dough over to form a half circle, pressing the edges together to seal.
(10) Dip each one firstly in the Egg and secondly in the Breadcrumbs.
(11) Fry at 180c individually until golden brown.

Please note that this is specifically Gluten free and you could easily swap All Purpose Flour if you wish. It was an American chap who?s parent was Portuguese who?s recipe we adjusted. We have used Cup measures on the occasion.