

CREOLE SAUSAGE BALLS
2016 ESTATE CABERNET SAUVIGNON



RIDGE
VINEYARDS
Exceptional single-vineyard wines since 1962

INGREDIENTS

Boudin Balls:

3 pounds Boudin sausage (see recipe below) or store-bought, removed from casings
1 cup flour
1 tablespoon plus 1 teaspoon kosher salt
2 cups coarse dry breadcrumbs, preferably homemade
2 large eggs
¼ cup milk
Vegetable oil, for deep-frying

Boudin Sausage:

2½ pounds pork butt, cut into 1-inch cubes
1 pound pork liver, rinsed in cool water
2 quarts water
1 cup chopped onions
½ teaspoon minced garlic
½ cup chopped green bell peppers
½ cup chopped celery
4¼ teaspoons salt
2½ teaspoons cayenne
1½ teaspoons ground black pepper
1 cup finely chopped parsley
1 cup chopped green onions tops (green part only)
6 cups cooked medium-grain rice

Creole Mustard Dipping Sauce:

1 cup mayonnaise
5 tablespoons Creole mustard, or other whole-grain spicy mustard
2 cloves garlic, minced
¼ teaspoon cayenne pepper

SERVES: 4-6

COOKING TIME: 1.5 Hours

INSTRUCTIONS

Boudin Sausage:

1. In a large sauce pan, combine the pork butt, pork liver, water, onions, garlic, bell peppers, celery, 1 teaspoon salt, ¼ teaspoon cayenne, and ¼ teaspoon black pepper.
2. Bring the liquid up to a boil and reduce to a simmer. Simmer for 1½ hours, or until the pork and liver are tender.
3. Remove from the heat and drain, reserving 1½ cups of the broth. Using a meat grinder with a ¼" die, grind the pork mixture, ½ cup of the parsley and ½ cup of the green onions together.
4. Turn the mixture into a mixing bowl. Stir in the rice, remaining salt, cayenne, black pepper, parsley, and green onions. Add the broth, ½ cup at a time, and mix thoroughly.
5. Cool until ready.

Sausage Balls:

1. In a shallow bowl, season the flour with 1 tablespoon of the salt. In another shallow bowl, place the bread crumbs. In a third shallow bowl, whisk the eggs together with the milk and the remaining 1 teaspoon salt.
2. With damp hands, shape the boudin into balls the size of golf balls, about 2 tablespoons each.
3. Dredge the balls in the flour, and then dip them in the egg wash, letting the excess drip off then dredge the balls in the breadcrumbs, turning to coat them evenly.
4. Transfer the balls to a parchment-lined baking sheet and refrigerate for at least 30 minutes or up-to overnight.
5. Add approximately three inches of vegetable oil to a Dutch oven or heavy-bottomed pot and heat to to 350°F.
6. Line a baking sheet with paper towels.
7. Using a slotted spoon and working in batches, slide the balls gently into the oil and fry until golden, 3 to 4 minutes.
8. Remove from the oil, transfer to paper-towel-lined baking sheet, and season with kosher salt.

RIDGE
VINEYARDS
Exceptional single-vineyard wines since 1962

Share your
#RidgeHolidayFeast
pictures with us.