

Porcupine Balls

The Essential Appetizers Cookbook (1999)

Whitecap Books

Yield: 24 appetizers

1 cup short-grain rice
5 dried Chinese mushrooms
8 ounces beef mince
8 ounces pork mince
2 ounces water chestnuts, finely chopped
4 spring onions, finely chopped
1 - 2 cloves garlic, crushed
1 teaspoon fresh ginger, grated
1 tablespoon soy sauce
1 egg, lightly beaten
DIPPING SAUCE
3 tablespoons light soy sauce
2 tablespoons soft brown sugar
2 tablespoons fresh ginger, grated

Preparation Time: 40 minutes

Cook Time: 30 minutes

In a large bowl, soak the rice in cold water for at least two hours. Drain and spread to dry on paper towels.

Place the mushrooms in a heatproof bowl. Cover with boiling water. Leave for 20 minutes. Squeeze dry, discard the stems and chop the mushrooms finely. Combine in a large bowl with the beef mince, pork mince, water chestnuts, spring onion, garlic, ginger, soy sauce, egg and 1/2 teaspoon of salt. Mix with your hands.

Divide the mixture into twenty-four portions. With wet hands, shape each into small balls. Roll each in the rice until well coated.

Line a bamboo steamer base with baking paper. Put the balls in the steamer, leaving room for the rice to swell (cook in batches, depending on the size of the steamer). Place the steamer over a wok half-filled with boiling water. Steam for 30 minutes, or until the rice and meatballs are cooked through, adding more water to the wok as necessary.

Serve immediately with the dipping sauce.

For the dipping sauce: In a small bowl, mix the soy sauce, brown sugar, ginger and three tablespoons of water. Mix well.

The mince mixture may be made a day ahead or frozen for two months. Roll in rice close to cooking time.

Per Serving (excluding unknown items): 867 Calories; 6g Fat (6.6% calories from fat); 25g Protein; 172g Carbohydrate; 8g Dietary Fiber; 212mg Cholesterol; 2928mg Sodium. Exchanges: 10 1/2 Grain(Starch); 1 Lean Meat; 2 1/2 Vegetable; 1/2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	867	Vitamin B6 (mg):	.5mg
% Calories from Fat:	6.6%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	81.5%	Thiamin B1 (mg):	1.2mg
% Calories from Protein:	11.8%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	6g	Folacin (mcg):	529mcg
Saturated Fat (g):	2g	Niacin (mg):	9mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	212mg	% Refused:	0.0%
Carbohydrate (g):	172g	Food Exchanges	
Dietary Fiber (g):	8g	Grain (Starch):	10 1/2
Protein (g):	25g	Lean Meat:	1
Sodium (mg):	2928mg	Vegetable:	2 1/2
Potassium (mg):	499mg	Fruit:	0
Calcium (mg):	92mg	Non-Fat Milk:	0
Iron (mg):	11mg	Fat:	1/2
Zinc (mg):	3mg	Other Carbohydrates:	0
Vitamin C (mg):	14mg		
Vitamin A (i.u.):	475IU		
Vitamin A (r.e.):	93 1/2RE		

Nutrition Facts

Amount Per Serving	
Calories 867	Calories from Fat: 58
% Daily Values*	
Total Fat 6g	10%
Saturated Fat 2g	9%
Cholesterol 212mg	71%
Sodium 2928mg	122%
Total Carbohydrates 172g	57%
Dietary Fiber 8g	31%
Protein 25g	
Vitamin A	10%
Vitamin C	23%
Calcium	9%
Iron	60%

* Percent Daily Values are based on a 2000 calorie diet.