

## Ginger Pork Balls



### Makes:

12 balls, 1 per serving

### Utensil:

Saladmaster Food Processor  
5 Qt./4.7 L Gourmet Wok with Cover  
large mixing bowl

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### Recipe:

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1 pound  
lean ground pork  
(454 g)  
1 cup  
water chestnuts, strung, using Cone #2  
(124 g)  
½ teaspoon  
fresh ginger root, shredded, using Cone #1  
(1 g)  
1 egg white, lightly beaten  
1 tablespoon  
lite soy sauce  
(15 mL)  
3 tablespoons  
cornstarch  
(24 g)

### Directions:

1. Lightly mix pork, water chestnuts, ginger root, egg white and soy sauce in a bowl.
2. Shape mixture into bite-size balls and roll each ball in cornstarch.
3. Preheat wok on medium-high heat. When several drops of water sprinkled on pan skitter and dissipate, add pork balls, a few at a time.
4. Fry until they are golden brown color and cooked throughout.
5. Pour sauce over pork balls, optional.

### Tips:

- These pork balls are delicious on their own, but there are many wonderful sauces that can really add variety to this recipe. This is a wonderful place to let your creative juices

flow.

- For a tangy, citrus addition: blend together in a 1 Qt. Sauce Pan over low heat orange juice, chicken broth, orange zest, and a touch of honey and crushed red pepper flakes.
- For a tomato taste: blend together in a 1 Qt. Sauce Pan over low heat tomato sauce, diced tomatoes and oregano.

Nutritional Information per

▼ Serving

**Calories:** 73  
**Total Fat:** 1g  
**Saturated Fat:** 1g  
**Cholesterol:** 30mg  
**Sodium:** 92mg  
**Total** 3g  
**Carbs:**  
**Dietary Fiber:** 0g  
**Sugar:** 0g  
**Protein:** 12g