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Jalapeno and cheese rissoles

Jump to Recipe Print Recipe Flavorful keto meatballs packed with jalapeno and cheddar. These make a fabulous low carb appetizer or main dish. This post is sponsored by Cabot Creamery Co-operative. The big game day is coming and you know what that means: cheese, cheese, and more cheese. It will be in all sorts of appetizers and finger foods, from cheesy dips and cheesy crackers, to jalapeno poppers and nachos. The reality is that when it comes to watching big sports competitions, you can't escape the cheese. It's everywhere. Embrace the cheese, my friends. But make sure you are choosing good cheese, the kind that is crafted with care to bring out the best flavor and richness. Bonus points if your cheese happens to be award winning. Because if you're going to consume that much cheese in one day, it should be really good cheese. Trust me, your taste buds will thank you. And by now you should know that by "good cheese", I am referring to Cabot Cheddar. I steadfastly maintain that it is truly some of the best cheddar on the planet, and apparently a lot of judges in cheese competitions agree with me. Cabot also happens to be a co-operative. That means that the more than 800 farm families that comprise Cabot Creamery Co-operative actually own the company, and 100% of the profits go back to the farmers. Which in turn means that the farmers care deeply about the quality of the products their company produces. And trust me, you can taste that difference. So of course, when I decided to make some spicy keto meatballs with jalapeno and cheddar, I reached for a brick of Cabot Seriously Sharp. It's easily one of my favorites and that cheddary tang holds its own against other flavors. But you can use some of their milder varieties, if you prefer. Seriously Good Keto Meatballs I might go so far to say that these are the best keto meatball recipe I have ever made. There is just so much flavor packed into each bite, with a little heat from the jalapeno and a rich cheddar flavor. They are fabulous as a main dish with any number of healthy sides. Some creamy mashed cauliflower or some buttery zucchini noodles would be dreamy. And if you happen to be having a big game day celebration, just plop some toothpicks near these meatballs and watch them disappear! Tips for making Keto Meatballs I tried something a little different with this keto meatball recipe and I think it helped make them more cohesive. Ground beef isn't really all that finely ground and as we of the keto diet variety don't use breadcrumbs, the lack of gluten can make keto meatballs less likely to hold together well. And once you add in things like minced jalapeno and grated cheddar, they can become even more fragile and a little bit lumpy, to be honest. I decided I wanted a finer consistency so I added all the ingredients into my food processor to blend them up together and really combine them. It also helped avoid the "cold meatball hands syndrome". You know what I mean, when you defrost ground meat and have to mix it up, and your hands end up aching with cold! Now, I happen to have quite a large food processor so if yours isn't as big, you may need to work in batches. You can also simply go the old fashioned route and mix them by hand in a large bowl. That's what I did with my first take on these and they turned out just as delicious. For the Covering1 cup Wheat flour1/2 cup All purpose flour2 teaspoons Butter Clarifiedto taste Salt1 cup WaterFor the Filling1 cup Prawns Cooked1 - 1/2 tablespoons Butter1/2 - 1 teaspoon Pepper powder powder1/2 teaspoon Garlic cloves paste (optional)to taste Salt3/4 tablespoon Flourpinch Nutmeg powder - a1/2 cup Milk - more1 tablespoon Grated Cheese (or more)1 Egg Beaten1 - 1/2 cups BreadcrumbsTake the water, clarified butter and salt in a pan. Add the flour mixture and quickly mix well with a wooden spoon, till the mixture forms a ball. Transfer the mixture into a bowl.Slightly wet your hands and carefully knead the dough till smooth. The dough will be hot. Take another pan and heat butter. Add the garlic paste (if using) and saute for a minute.Add the pepper powder, nutmeg and flour and mix well. Stir for a few seconds. Add milk, a little at a time, mixing well.Make sure no lumps are formed.Add the cheese and prawns and mix well. The sauce should be just enough to coat the prawns. If required, you may add more milk.Adjust the seasoning to your taste.Take small balls off the dough and roll it out into 3" circles. Place a spoonful of the filling in the centre. Bring one end of the circle over the filling to the other end, to form a moon shape. Press and seal the edges. Repeat the process with the remaining dough and filling. Take each of the Rissoles and dip in the beaten egg, evenly coating it. Roll in the breadcrumbs so that it coats evenly. When hot, carefully drop the rissoles and fry on medium heat, till golden brown on both sides. Drain onto an absorbant paper. Serve hot with tomato ketchup. Recipes from other websites .. Half Moon Recipe | Ramadan Recipes | Indian Cooking Recipes .. half moons.. Fry in hot shallow oil till golden brown and serve with lemo.. Quesadilla 1to4.. Ramadan Recipe Jalapeno Cheese Samosa Recipe | Indian Cookin.. Half moon.. Tamales with Cheese and Jalapeño.. Jalapeno and Cheese Crescent Rolls - Florassippi Girl (IMM #.. Image may contain: food.. Chicken and Cream Cheese Half Moon - Chicken Bread Roll Reci.. These Jalapeno Popper Crescent Rolls are made with pre-made .. Hot Jalapeno Onion Cheese Dip-Creole Contessa.. I always try to serve at least one vegetarian option and thi.. Hot meatloaf with jalapenos, sundried tomatoes,olives, onion.. [Mauritian Cuisine] Half Moon .. Halfmoons.. MOON RECIPES.. Hot Jalapeno Onion Cheese Dip-Creole Contessa.. Chicken & Cheese half moon .. Chips dig the Half Moon Jalapeno dip and Pickle dip. Cream c... Maybe use jarred jalapeños instead.. Jalapeno Popper Crescent RollsReally nice recipes. Every hou.. Article featured image.. Photo of Chicken Half Moons by OPABINIA.. This .. Pi by Half Moon Delivery • Order Online • Miami (56 NW 29th .. Baked Jalapeno Popper Mac and Cheese.. Pin by Half Moon AZ on Half Moon Windy City Sports Grill | P.. Jalapeno Popper Crescent Roll split in half to show the crea.. cheese and jalapeno rissoles recipe, half moon recipe south africa, half moon dough recipe, prawn moons recipe, chicken half moon recipe in hindi, half moon recipe video, creamy chicken half moon recipe, cape malay half moon filling recipes All the flavors of jalapeno poppers wrapped up into a tasty meatball with a surprise cheese-filled center. This is a family favorite!What would you say if we took a normal meatball, changed things up, and turned it into a jalapeño popper meatball? That's right, get ready to sweat because we're making jalapeño popper meatballs in the kitchen today. It has diced jalapeño mixed in with ground meat and then stuffed with cream cheese in the middle. They are addictingly delicious, and a family favorite. These are surprisingly versatile. You can make these meatballs in bulk and freeze them, just add 10 to 15 minutes to the cooking time when you're ready to cook. You can also easily turn them into a killer meatball sub. If you're a bit nervous about the spice, you can use more or less jalapeño to your taste. No need to heat yourself out!We love these meatballs with beef, but you can use pork, chicken, or really any ground meat.If you want to make a mild and kid-friendly meatball, stick to 1/2 of one jalapeño. For medium heat, 1-2 jalapeños, and if you're really wanting a good spicy kick, use 3 whole jalapeños. These are hearty enough to serve plain as a main dish, but you can also also serve over rice or mashed potatoes. Our favorite way to eat jalapeño popper meatballs is on a sub with bbq sauce instead of marinara.If you like this recipe, you may be interested in these other hearty ground beef recipes:Watch the video below where Rachel will walk you through every step of this recipe. Sometimes it helps to have a visual, and we've always got you covered with our cooking show. You can find the complete collection of recipes on YouTube, Facebook Watch, or our Facebook Page, or right here on our website with their corresponding recipes.1 pound ground beef1/2 white onion minced1 to 2 jalapenos minced3/4 cup plain bread crumbs1/2 cup finely shredded cheese1/3 cup milk2 tablespoons Worcestershire sauce1 teaspoon salt1 teaspoon dried basil4 ounces cream cheesePreheat oven to 400 degrees. Lightly spray a 9x13 pan or four sided baking sheet with nonstick cooking spray.In a medium-size mixing bowl, combine ground beef, onion, jalapenos, bread crumbs, cheddar cheese, milk, Worcestershire sauce, basil, and salt. Mix thoroughly until ingredients are evenly distributed.Shape into 20 roughly shaped meatballs. Divide the cream cheese into 20 tablespoon-sized pieces, one for each meatball. Working one at a time, take a meatball and flatten it in the palm of your hand. Place a piece of cream cheese in the center and wrap the meatball around the cheese, sealing it inside the middle.Place the fully shaped meatballs into the prepared baking pan.Cook in the preheated oven for 25-30 minutes. Serve hot.Calories: 109kcal | Carbohydrates: 3g | Protein: 5g | Fat: 7g | Saturated Fat: 3g | Cholesterol: 25mg | Sodium: 215mg | Potassium: 102mg | Vitamin A: 110IU | Vitamin C: 0.4mg | Calcium: 46mg | Iron: 0.8mg SKU: PASTRY0135 Category: Pastry 11/25/2018 Great recipe for using leftover Thanksgiving mashed potatoes! Thank you for sharing! 1 of 1 Cheese and Potato Rissoles Louise Honey-Jones Cake Wheat Flour (GLUTEN), Cheddar Cheese (Milk, Colouring, Calcium Chloride, Potassium / Sodium Nitrate, Non - Animal Rennet, Lactic Cultures), Gouda Cheese (Milk, Colouring, Calcium Chloride, Potassium/Sodium Nitrate, Non - Annimal Rennet, Lactic Cultures, Plastic Coat, Wax), Jalapeno Chillies (Chillies, Vinegar, Preservative: Potassium Sorbate, Sodium Benzoate, Ascorbic Aci), Tomato Puree (Tomato Pepper, Preservative: Sodium Benzoate), Egg , CORN (Corn, Sugar, Malt Extract{Barley, GLUTEN}Fortification premix), Seasoning{Herbs, Maize Flour, Dehydrated Onion [Irradiated]}), Parmesan Cheese (Cows Milk, Just Fibre, Selected Cheese Cultures, Microbial Rennet, Microbial Lipase), Margarine (Non Hydrogenated Palm Fruit Fat & Sunflower Oil, Emulsifiers (Mono-glycerides), Soya Lecithin, {Preservative: Sodium Benzoate}), Citric Acid, Butter Flavour), Water , Egg , Creamer (Glucose Syrup Solids, Blend of Non Hydrogenated (Palm Kernel Oil and Palmstearin), Stabilisers, Sodium Caseinate(Milk Derivative), Emulsifier, Free Flow Agent, Colourants: Riboflavin & Beta Carotene), Salt , Cows Milk , Soya Bean Oil , Onions , Seasoning (HVP Protein, Oleo Resins (Flavourant), Anti-Caking Agents), Green Pepper , Chilli , Brown Sugar , Crushed Garlic (Dried garlic Flakes, Water, Vinegar), Herbs , Spices (Gluten), Flavouring (Gluten)(Contains Ascorbic Acid), Preservative: Sorbic Acd, Colouring (Sunset yellow)

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