

Baked Tuna Balls



Recipe Times	
Total Time	65 Minutes
Cooking Time	55 Minutes
Total Labour	10 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Peeler/Cutting Board Spoon/Fork Scoop (Black - #60 / 1 3/8" in diameter) Spatula Scale Colander Measuring Cup Cling Film Aluminum Foil Plate ware ½ size – 2" deep production pans Bulk Retherm Cart (or regular oven) or Tray Service Retherm Cart

Baked Tuna Balls

Ingredients	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Potatoes, mashed	1.75 Kg	3.85 Lbs	3.5 Kg	7.7 Lbs
Garlic, Minced	15 gm	1 Tbsp	30 gm	2 Tbsp
Tuna, Drained	900 gm	31.8 oz	1.8 Kg	63.5 oz
Extra-Virgin Olive Oil	51 ml	3.4 Tbsp	102 ml	6.8 Tbsp
Onion, Finely Chopped	275 gm	9.7 oz	550 gm	19.4 oz
Parsley, Finely Chopped	51 gm	1.8 oz	102 gm	3.6 oz
Egg Yolk	112 gm	4 oz	224 gm	8 oz
Salt	7 gm	1.25 tsp	14 gm	2.5 tsp
Black Pepper	5 gm	1 tsp	10 gm	2 tsp

Method



1. Wash the vegetables and drain the tuna. Measure out and cut all ingredients according to the above description.



2. Mix all ingredients well, except the egg yolk, into ½ size 2-inch- deep production pan. Then, make the balls using the black scoop (#60 / 1 3/8" in diameter) and place them, 2 inches apart, into a greased ½ size 2-inch- deep production pan.



3. Brush all the balls with the egg yolk. Cover with a cling film and aluminum foil and place in Multigen for 55 minutes at 130°C.



Bulk: Remove from the Multigen and serve in portions of three balls or with a side dish of rice and vegetables.

Cold Plating: Plate the appropriate portion alone or with a side dish. Place on the hot side of the tray to retherm prior to service.

Garnish: **Herb Sauce or Fresh Parsley.**

Food Accompany: **Jasmine Rice or Steamed Vegetables.**

Recipe: Baked Tuna Balls.

Cost for 25 portions: \$21.61

Cost for 1 portion: \$0.86

Ingredients	Quantity	Cost
Potatoes	1.75 Kg	\$9.61
Garlic (cloves)	15 gm	\$0.20
Tuna (canned)	900 gm	\$4.65
Extra-Virgin Olive Oil	51 ml	\$0.76
Onion	275 gm	\$1.81
Parsley	51 gm	\$1.80
Egg Yolk	112 gm	\$2.66
Salt	7 gm	\$0.01
Black Pepper	5 gm	\$0.10
		Total Cost: \$21.61