

Thai Chicken Cakes

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 36 cakes

4 eggs, lightly beaten
2 tablespoons fresh coriander, finely chopped
1 tablespoon fish sauce
2 tablespoons oil
1 pound chicken mince
3 stalks lemon grass (white part only), finely chopped
2 cloves garlic, crushed
4 spring onions, chopped
1/4 cup fresh lime juice
1 ounce coriander leaves and stems, chopped, extra
2 tablespoons sweet chili sauce
1 tablespoon fish sauce
1 egg, extra, lightly beaten
1/2 cup coconut milk
6 red chilies (for garnish), seeded and finely sliced

Preparation Time: 15 minutes**Cook Time: 20 minutes**

Preheat the oven to to 400 degrees. Lightly grease three twelve-hole shallow patty tins.

In a bowl, combine the eggs, coriander and fish sauce.

Heat the oil in a large (10-11 inch) frying pan. Pour in the egg mixture. Cook over medium heat for about 2 minutes on each side or until golden. Roll up and shred finely. Set aside.

In a food processor, mix the chicken mince, lemon grass, garlic, spring onion, lime juice, extra coriander, chile sauce, fish sauce, extra egg and coconut milk. Process until fine but not smooth.

Spoon into the patty cups. Top with a little shredded omelette.

Bake for 15 minutes or until cooked through. Rotate the trays once to ensure that the chicken cakes all cook through.

Serve hot garnished with chili.

Per Serving (excluding unknown items): 927 Calories; 80g Fat (75.9% calories from fat); 30g Protein; 28g Carbohydrate; 5g Dietary Fiber; 852mg Cholesterol; 311mg Sodium. Exchanges: 3 Lean Meat; 1 Vegetable; 1/2 Fruit; 13 1/2 Fat; 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	927	Vitamin B6 (mg):	.4mg
% Calories from Fat:	75.9%	Vitamin B12 (mcg):	2.6mcg
% Calories from Carbohydrates:	11.6%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	12.5%	Riboflavin B2 (mg):	1.0mg
Total Fat (g):	80g	Folacin (mcg):	167mcg
Saturated Fat (g):	36g	Niacin (mg):	2mg
Monounsaturated Fat (g):	27g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	9g	Alcohol (kcal):	0
Cholesterol (mg):	852mg	% Refused:	n n%
Carbohydrate (g):	28g	Food Exchanges	
Dietary Fiber (g):	5g	Grain (Starch):	0
Protein (g):	30g	Lean Meat:	3
Sodium (mg):	311mg	Vegetable:	1
Potassium (mg):	890mg	Fruit:	1/2
Calcium (mg):	187mg	Non-Fat Milk:	0
Iron (mg):	7mg	Fat:	13 1/2
Zinc (mg):	3mg	Other Carbohydrates:	1/2
Vitamin C (mg):	42mg		
Vitamin A (i.u.):	1284IU		
Vitamin A (r.e.):	311RE		

Nutrition Facts

Amount Per Serving	
Calories 927	Calories from Fat: 704
% Daily Values*	
Total Fat 80g	124%
Saturated Fat 36g	181%
Cholesterol 852mg	284%
Sodium 311mg	13%
Total Carbohydrates 28g	9%
Dietary Fiber 5g	19%
Protein 30g	
Vitamin A	26%
Vitamin C	70%
Calcium	19%
Iron	37%

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