

# Crumbed Cheesy Artichoke Balls



R & J Mazza  
GLOBE ARTICHOKES

## Ingredients

250g artichoke hearts, chopped finely,  
½ cup parmesan cheese, grated,  
1 cup mozzarella cheese, grated,  
250g Philadelphia cream cheese,  
2 tablespoons milk,  
2 cloves garlic, crushed,  
¼ cup parmesan cheese, grated,  
Salt & cracked pepper to taste,

1 cup plain flour,  
2 eggs,  
2 tablespoons milk, extra,  
1 cup panko breadcrumbs,  
2 tablespoons white sesame seeds,  
2 tablespoons black sesame seeds,

Extra light olive oil



## Method

1. Place cream cheese, garlic and milk in a bowl and mash until the cream cheese is soft.
2. Add artichokes, cheeses, salt and pepper. Mix well.
3. Place flour in a bowl. In another bowl, lightly beat the eggs together with the extra milk and season with salt and pepper. In a third bowl, mix the breadcrumbs with the white and black sesame seeds.
4. Wet the palms of your hands and roll a tablespoon of mixture into a ball. Roll the ball in the flour, then dip in the egg mixture. Roll the ball in the breadcrumbs and put on a plate. Continue the procedure until all the mixture is finished.
5. Refrigerate the balls for at least an hour, or until ready to cook.
6. Heat olive in a frypan and deep fry the balls in batches. Remove from heat and serve.

**Makes approx. 24 depending on size**

