

Boudin Balls Recipe

Boudin balls are Louisiana's version of a snacking sausage that somehow fits an entire meal in one casing. Each fried ball is stuffed with boiled pork, liver, rice, veggies, and Cajun aromatics.

YIELD

Serves 6, Makes 20 to 26 (1 3/4-inch) wide boudin balls

PREP TIME

1 hour

COOK TIME

2 hours 10 minutes

INGREDIENTS

2 medium stalks celery
1 medium yellow onion
6 cloves garlic
1 medium jalapeño pepper
1 1/2 pounds boneless pork shoulder or butt
6 ounces raw chicken livers (1 cup)
2 tablespoons plus 2 teaspoons Cajun seasoning with salt, divided (or 1 tablespoon plus 1 teaspoon each of salt-free Cajun seasoning and kosher salt)
6 to 7 cups water
2 cups [cooked white rice](https://www.thekitchn.com/how-to-cook-rice-on-the-stove-44333)
2 medium scallions
6 sprigs fresh parsley
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1/4 teaspoon cayenne pepper
2 large eggs
1 1/2 cups panko breadcrumbs
1/2 cup all-purpose flour
4 cups neutral oil, such as vegetable, for frying
[Remoulade sauce](https://www.thekitchn.com/remoulade-recipe-23230259), for serving

INSTRUCTIONS

Prepare the following, placing each in the same large pot as you complete it: Dice 2 medium celery stalks (about 2/3 cup), 1 medium yellow onion (about 1 cup), 6 garlic cloves, and 1 medium jalapeño (seeded if preferred, about 3 tablespoons). Cut 1 1/2 pounds boneless pork shoulder or butt into 1-inch pieces. Trim and rinse 6 ounces chicken livers.

2

Add 1 tablespoon of the Cajun seasoning with salt. Add enough water to just cover everything, 6 to 7 cups. Cover and bring to a boil over high heat. Uncover, reduce the heat to medium, and simmer until the pork is tender, about 1 1/2 hours.

3

Strain through a fine-mesh strainer and discard the cooking liquid. Let cool in the strainer for 10 minutes. Meanwhile, finely chop 2 medium scallions (about 1/4 cup) and the leaves from 6 fresh parsley sprigs (about 1 tablespoon); transfer both to a large bowl.

4

Transfer the pork mixture to a cutting board and finely chop. Transfer to the bowl with the scallions. Add 2 cups cooked white rice and 1 tablespoon of the Cajun seasoning with salt. Stir until the mixture begins to stick together. Taste and season as needed with up to 1 teaspoon kosher salt, 1/2 teaspoon black pepper, and 1/4 teaspoon cayenne pepper. Cover and refrigerate for at least 4 hours up to overnight.

5

Scoop the boudin mixture with a 1 1/2-inch scoop or roll into 20 to 26 balls (about 3 rounded tablespoons or 1 1/2 ounces each). Place in a single layer on a baking sheet or plate.

6

Prepare the breading: Beat 2 large eggs in a shallow, wide bowl. Place 1 1/2 cups panko breadcrumbs in a second bowl. Place 1/2 cup all-purpose flour and the remaining 2 teaspoons Cajun seasoning with salt in a third bowl and whisk to combine.

7

Heat 4 cups neutral oil in a large saucepan or small pot (about 2 quarts) over medium heat until 325°F. Meanwhile, bread each boudin ball one at a time: Roll in the flour mixture until evenly coated, then shake off any excess flour. Dip into the egg

until coated, then place in the breadcrumbs and roll until evenly coated. Return to the baking sheet or plate. Line a baking sheet with paper towels.

Working in batches of 5 or 6, add the boudin balls to the hot oil and fry until golden brown, moving them around in the oil for even browning, 4 to 5 minutes total.

Transfer to the paper towels. Serve with [remoulade sauce](https://www.thekitchn.com/remoulade-recipe-23230259)(<https://www.thekitchn.com/remoulade-recipe-23230259>).

RECIPE NOTES

Make ahead: The boudin mixture can be made ahead up to 2 days in advance and refrigerated in an airtight container before rolling into balls. Alternatively, the boudin balls can also be fried up to 2 days in advance.

Storage: Leftovers can be refrigerated in an airtight container for up to 5 days or frozen for up to 3 months. Reheat frozen boudin balls in a 400°F oven until warmed through, about 30 minutes. Reheat refrigerated boudin balls until warmed through, 5 minutes in a 400°F air fryer or 15 minutes in a 400°F oven.