

Panko-Crusted Sweetbreads

Recipe By Heshy Jay



Cooking and Prep:  50
m

Serves:  6

Contains:   

Preference: Meat

Difficulty: Medium

Source: Kosher.com

Exclusive

Ingredients (18)

Main ingredients

- 1 pound sweetbreads, cleaned
- 1/2 cup flour
- 1 and 1/2 teaspoons salt, divided
- 1 teaspoon pepper, divided
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

1 tablespoon smoked paprika

2 eggs

1 cup Gefen Panko

oil, for frying

Russian Aioli

1 egg yolk

1 tablespoon Haddar Dijon Mustard

1 teaspoon lemon juice

1/4 cup Heaven & Earth Ketchup

1 clove garlic, minced or 1 cube Gefen Frozen Garlic

2 cups Bartenura Olive Oil (or vegetable oil, if you prefer flavorless oil)

1 teaspoon salt

1/2 teaspoon pepper

Start Cooking

For the Sweetbreads

1. Combine one teaspoon salt, half a teaspoon pepper and remaining spices with flour and set up a breading station.
2. Add a pinch salt and pepper to egg and Panko.
3. Cut sweetbreads into bite-sized pieces. Dip each piece into flour, then egg, then panko.
4. Heat oil to 350 degrees Fahrenheit over medium heat and fry in batches until golden brown.

For the Aioli

1. Use an immersion blender to combine all ingredients besides oil.
2. Add in oil and blend for an additional minute until fully combined.