POLPETTE DI TONNO E RICOTTA (TUNA AND RICOTTA FRITTERS)

After you have fried these and they have cooled, you could reheat them in a light, simple tomato sauce and serve them with a little spaghetti — kind of like a tuna meatball.

Water, for boiling

Salt

2 pounds russet potatoes

2 cans (6 to 7 ounces each) Italian tuna packed in olive oil

1 cup fresh ricotta, drained for an hour in a sieve lined with cheesecloth

1 bunch marjoram, leaves only

Freshly ground black pepper, to taste

3 large eggs, separated

3 cups extra-virgin olive oil, for deep-frying

1 cup flour

1 cup fresh bread crumbs

2 tablespoons chopped Italian parsley

1 tablespoon lemon zest

In a large pot, bring 8 quarts of salted water to a boil. Add the potatoes and cook until they are easily pierced with the point of a paring knife, for about 25 minutes; drain.

Peel the potatoes and, while they are still warm, pass them through a food mill into a large bowl. Immediately add the tuna, ricotta, marjoram and salt and pepper to taste. Add the egg yolks and mix well to combine.

Using tablespoons, or your moistened hands, form the mixture into golf-ball-size balls and set them on a baking sheet.

In a large saucepan, heat the olive oil over medium-high heat until it reaches 370 degrees. Meanwhile, place the flour in a shallow bowl. Lightly beat the egg whites in another bowl. Mix the bread crumbs and parsley in a third bowl. Working in batches, dredge the tuna balls in the flour, then dip them in the egg whites, letting the excess run off, and dredge in the bread crumbs.

Carefully drop the balls into the hot oil and fry, turning occasionally, until golden brown on all sides, for about 4 minutes. Using a slotted spoon, transfer them to a plate lined with paper towels to drain. Sprinkle the fritters with lemon zest and serve hot.

Makes 6 servings.

Read more: <http://triblive.com/lifestyles/fooddrink/5704828-74/tuna-fritters-ricotta#ixzz2vZRExBHU>   
Follow us: [@triblive on Twitter](http://ec.tynt.com/b/rw?id=d-D-nM8emr4ALpacwqm_6l&u=triblive) | [triblive on Facebook](http://ec.tynt.com/b/rf?id=d-D-nM8emr4ALpacwqm_6l&u=triblive" \t "_blank)