

## Low FODMAP Chestnut and cranberry stuffing balls

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Irrespective of what beast makes up your Christmas feast, for me the star of the show is the stuffing. My mum dutifully stuffs both ends of a turkey: forcemeat at the front and chestnut at the rear. In the days pre-Low-FODMAP, I would cheerfully forgo any meat for extra servings of stuffing. However, a life without FODMAPs and their related issues, has meant a change of heart.

As I can't eat yeast, I use Clearspring dried rice 'breadcrumbs' but if you would prefer, use standard gluten-free dried breadcrumbs (check the ingredients for FODMAPs). A low-FODMAP serving of boiled chestnuts is 168g so you're well within your limits. You can cook these ahead of time: cool well and store in the fridge in a Tupperware box.

Re-heat in the oven for 5 minutes after the turkey comes out. Check they are piping hot all the way through before serving.



### Ingredients

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#### Serves 6 as a side dish

- 100g frozen cranberries
- 2tbsp water
- 45g butter
- 250g pork mince (not lean)
- 90g cooked chestnuts, finely chopped
- Large pinch of salt flakes
- 1/8<sup>th</sup> tsp ground allspice
- 1 heaped tbsp. finely chopped parsley
- 50g unsweetened chestnut puree
- 100g rice breadcrumbs
- Optional ½ tsp finely chopped thyme

## Method

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Pre-heat the oven to 180°C. Line a shallow baking tray with greaseproof paper.  
Gently heat the cranberries and water in a small pan over a medium heat.

Cover and bring to a high simmer for 5 minutes until the berries have started to burst.  
Remove from the heat, add the butter and set aside to cool a little.

Mix all of the other ingredients together in a bowl. Start mixing with a wooden spoon and then continue to mix with your hands. Add the partly cooled cranberries and continue to squish everything together until thoroughly combined.

Roll into 28 marble sized balls and place on the baking sheet, spaced apart. Bake for 20 minutes.