

HOST
OLYMPIA LONDON

RECIPE
CARD

THE
GATHERED
TABLE

José
Pizarro

SERRANO HAM CROQUETAS

INGREDIENTS

400ml whole milk
80g salted butter
75g plain flour
2 eggs
125g panko breadcrumbs
100ml prepared beef stock
200g Serrano ham, finely shredded
Oil for deep frying
Salt
Pepper

MAKES 20

METHOD

1. To make béchamel; warm milk and stock together over medium heat. In a separate saucepan melt butter, stir in flour and cook for 2-3 mins stirring continuously until mixture starts to brown.
2. Turn down heat slightly and add milk and stock little by little, stirring continuously and pouring more as it thickens, until you have a smooth sauce.
3. Add shredded serrano ham and combine, season with salt and pepper.
4. Spread mixture into shallow tray and press cling film on top to stop a skin forming. Chill for at least 2 hours.
5. Lightly grease hands with olive oil or water and roll the mixture into 30g balls. If too soft, place in freezer for 30 mins.
6. Dip croquetas first into flour, then egg and finally breadcrumbs until evenly coated.
7. Heat fryer to 180°C and fry croquetas in batches until golden brown and serve.

Per portion: Energy 717 kJ/172 Kcals Fat 13.1g Saturates 3.6g Sugars 1.3g Salt 0.67g

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