

SPANISH HAM CROQUETTES

Spanish recipe



Preparation : 5 min - **Resting :** 1 hr - **Cooking :** 25 min - **Equipment :** -

Ingredients : 55 CROQUETTES

- 1 onion, quartered - 160 g Spanish ham, cut into pieces - 2 tblsp olive oil - 25 g butter - 500 ml milk - 80 g flour - 50 g cornflour - 3 eggs (separated) - Frying oil - Salt - Pepper - Nutmeg - FOR CRUMBING
 - Flour - 3 egg whites - Breadcrumbs
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1. Insert transparent bowl and add onion to mini bowl. Run FOOD PROCESSOR programme for about 5 seconds. Remove and set aside.
2. In the same way, add Spanish ham and run FOOD PROCESSOR programme for about 10 seconds. Set aside.
3. Insert metal bowl with oil, butter cut into pieces and onion. Remove cap from lid and run EXPERT programme, 3 minutes/speed 1A/110°C.
4. At end of programme, add ham and run EXPERT programme, 1 minute/speed 1A/110°C. Set aside preparation.
5. Pour milk, flour, cornflour, egg yolks and a little salt, pepper and nutmeg into bowl. Run EXPERT programme for 15 seconds/speed 8 (without heating).
6. Add ham and onion mixture and run EXPERT programme, 7 minutes/speed 3/110°C.
7. Put mixture into a dish and refrigerate for one hour.

8. Shaped into croquettes of appropriate size. Dust with flour, dip into beaten egg whites then roll in breadcrumbs.

9. Fry croquettes in plenty of hot oil.

Cook Expert ■

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