

## Croquetas

REF:

**Serves 4**

**Cuisine: Spanish**

Preparation time: 15 minutes plus min 1 hour chilling time

Cooking time: 5 minutes

### **Ingredients:**

50g Butter  
2 tbsp Olive oil  
75g Plain flour plus an extra 50g for coating  
300ml Milk  
½ tsp Freshly grated nutmeg  
50g Cheddar cheese, grated  
2 Large slices of Serrano ham, roughly chopped  
1 Large egg, beaten  
100g Fine breadcrumbs (I like Panko breadcrumbs on these)  
Double cream  
Sunflower or Vegetable oil for deep frying  
Sea salt and freshly ground black pepper

### **Method:**

1. Melt the butter and oil in a medium sized saucepan on a low-medium heat.
2. Once melted, stir in the 75g of flour, a spoonful at a time, combining it well before adding the next until you get a thick paste and the butter and oil have been absorbed.
3. Add the milk a little at a time to loosen the mix. When that thickens, add a little more and so on, until you have a smooth thick creamy texture and no lumps. Cook it out for a couple more minutes and adjust the thickness to your liking with either a little more milk or a little flour but make sure it gets incorporated well.
4. Add the grated cheese and stir in until melted then season well and add a little double cream to loosen and give it a lovely silky texture.
5. Season with salt, pepper and the nutmeg.
6. Take the pan off the heat and allow to cool then stir in the chopped ham.
7. Transfer the mixture to a bowl, cover and put into the fridge for an hour or so to let it set.
8. Assemble the bowl with the beaten egg, a plate with the flour (add a pinch of salt and pepper to this one) and one with the breadcrumbs.
9. Remove the filling from the fridge and scoop a large spoonful out and mould it with your hands into a short sausage shape.
10. Roll each one as you go, into the flour first – tap off excess, then the beaten egg and finally into the breadcrumbs to coat well.
11. Heat the oil to 190°C and cook a few at a time for 2-3minutes until golden and crispy

**To Serve:**

As tapas - a favourite staple Spanish fare and totally delicious.

**Chef's Notes:**

Do not be tempted – to try and cook without chilling first – they break up.  
to add them to the oil before it gets hot enough – they will break