

Croquetas de Pollo

Swick

Serves 1 | Active Time: 1 hour | Total Time: 3 hours

Chef's Notes

Croquettes can be frozen for up to a month, unfried.

To cook frozen croquettes, do not thaw. Heat oil and fry the croquettes in small batches so that the oil does not cool too much. Frying time will be longer, and make sure to cook the croquettes thoroughly so that no frozen patches are left inside.

Step 1: Making the paste

- 1 green onion
- 400 gr cooked chicken meat
(leftovers from chicken broth are great)
- 150 gr cured ham (jamon serrano or prosciutto work fine) - optional
- three tablespoons all-purpose flour
- milk (as needed)
- olive oil
- nutmeg
- white pepper
- salt

Mince the onion and, in a sauce pan, stir fry in approximately 4 tbsp of olive oil. Meanwhile, mince the chicken and ham together in a food processor. When the onion is tender (should not burn), add the meats and the flour, stirring well. When the flour has colored, add little by little the milk, stirring continuously with a wooden spoon. Keep heat on medium-low and add enough milk so that the mix is just liquid (probably close to 1/2 liter). Add salt, white pepper and nutmeg to taste. Keep working the paste with the spoon while it thickens, approximately 20 to 30 minutes, or until you can see the bottom of the pan while stirring. Pour the paste on a plate or serving dish and allow to cool completely.

Step 2: Frying the croquetas

- olive oil
- 1 egg
- 1 1/2 cups breadcrumbs

Once the paste is cold, cut with a knife in even pieces. With the help of a spoon, take a portion of the paste, lightly cover with breadcrumbs, work with your hands to give it cylindrical shape, cover with beaten egg and then again with breadcrumbs. The size of the croquettes depends on taste, but a "standard" croquette is approximately 2 inches long and 1 inch tall. Heat about 1 finger of oil in a skillet (oil should be hot but not smoking) and evenly fry the croquettes until golden brown.