



The Ethnic Communities' Council  
Love Food Hate Waste project celebrates  
the diversity of food and cultures in NSW

## Croquettes

*Esther is from Spain. She remembers this typical dish as something a mother would make using leftovers. The ham can also be replaced with leftover chicken, fish, other cooked or cured meat, hard-boiled eggs and cooked vegetables.*

Start the preparation the previous day to allow the béchamel time to set. This will make the mixture easier to handle when shaping the croquettes.

Serves 6

### Ingredients:

2 tablespoons olive oil  
Extra oil for deep-frying  
4 tablespoons unsalted butter  
3 heaped tablespoons of flour  
1½ cups heated milk  
90 grams jamón serrano or other dry cured ham, finely chopped  
Salt  
2 eggs  
2 tablespoons fine dried bread crumbs



### Preparation (béchamel mixture):

Lightly oil a shallow 8 inch square dish.

In a saucepan, heat 2 tablespoons olive oil and the butter over medium heat.

When the butter has melted, add the flour and using a wooden spoon or whisk, mix well.

Continue to stir or whisk for about 2 minutes until the flour is blended.

Add ½ cup of milk and increase the heat to medium-high. Bring the mixture to boil and add the remaining cup of milk. Stir constantly for about 5 minutes or until the mixture begins to thicken. Reduce the heat to medium and cook, stirring constantly to prevent lumps from forming, for about 10 minutes, or until it has thickened.

Add the jamón serrano (or other leftovers) and a bit of salt (remember that the ham is already salty). Stir until evenly distributed. Cook for 1 more minute and then pour the contents of the pan into the prepared dish. Spread the mixture evenly.

Let the mixture cool down, cover and refrigerate for at least 2 hours or overnight to allow the mixture to set.





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**Preparation (croquettes):**

Break the eggs into a bowl and beat lightly.

Spread the breadcrumbs onto a dinner plate.

With 2 spoons, shape the béchamel-ham mixture into walnut-sized balls.

Roll each ball (croquette) in the bread crumbs, shake off any excess crumbs and then dip into the beaten egg. Lift each croquette from the egg and roll it again in the breadcrumbs, coating it evenly.

Lay the croquettes in a single layer on a platter. Refrigerate for 30 minutes before frying.

Put a fry pan on high heat and pour in olive oil until two inches deep.

When the oil is almost smoking, slip croquettes into the oil, pressing on them gently with a spoon to submerge them.

Turn them gently until they are golden brown on all sides.

*Basic recipe supplied by Esther.*

*More details adapted from <http://www.spain-recipes.com/croquetas-jamon.html>*



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