



Croquetas De Carne - (Beef Croquettes)

Appetizers | Tapas | Beef | Croquettes | Cuban | Side Dishes | Spanish-Basque

RATING ★★★★★	SERVINGS 12-24 Croquettes	DIFFICULTY Easy
PREP TIME 45 Minutes	COOK TIME 20 Minutes	TOTAL TIME 1 Hour 5 Minutes

Ingredients

4 tablespoons butter
1/2 cup onion, minced fine
1/3 cup flour
1 1/2 cups whole milk, at room temperature (more or less)
1/4 teaspoon nutmeg
1 tablespoon dry sherry
1 tablespoon parsley, finely chopped
4 cups (about 1 pound) ground beef
1 cup dry bread crumbs (more or less)
1/2 teaspoon salt (more or less to taste)
1/4 teaspoon black pepper (more or less to taste)

Coating:

2 eggs, beaten with 1 tablespoon water
1 cup dry bread crumbs (mixed with 1/4 cup flour)
1 teaspoon salt
1/2 teaspoon black pepper
1 cup vegetable oil (for frying)

Directions

In a large skillet saute the ground beef making sure to separate the beef into small bits as it cooks, and is no longer pink.

Set aside to cool.

In a large pan, melt the butter, add the onions, and saute until translucent.

Stir in 1/3 cup flour to make a roux, add more butter if necessary to make a smooth roux.

Gradually whisk in the milk to form a smooth sauce.

Continue cooking until the sauce thickens.

Your sauce needs to be very thick, like wallpaper paste!

Whisk in nutmeg, sherry, and parsley.

Fold in the ground beef and one cup bread crumbs.

Let simmer for five minutes on low heat.

Taste and season with salt and pepper if necessary, the ham probably has enough salt already.

Spoon the mixture into a baking pan and refrigerate until well chilled, at least one hour.

The mixture needs to be firm enough to form into rolls.

If your mixture is too soft or sticky, add some additional bread crumbs.

Shape the beef mixture into logs about 3/4-inch thick and three inches long.

Make an egg wash by beating the eggs with water until frothy in a small bowl.

Combine the bread crumbs and flour in a second bowl; add salt and pepper.

Dip the logs in the egg wash and roll the logs in the seasoned bread crumbs.

Important:

Cover logs with plastic wrap and refrigerate for two to three hours. (You may also freeze for later use, or use the freezer to quickly chill them.)

Saute the croquetas in hot oil, about 350° F, a few at a time, three to four minutes, turning occasionally, until golden brown.

Remove from oil and drain on paper towels.

You may also cook them in a deep fat fryer.

We also grind in a handful of chopped cilantro for a nice flavor twist. (Omit the parsley if you do so.)

Notes

A popular way to serve croquetas is with a thin slice of cheese, a thin slice of ham, and crackers. You can easily substitute an equal amount of cooked chicken or ham for the beef. If you use chicken, grind the chicken in a food processor, you can use either white or dark meat. Add a dash of fresh lime juice to the ground chicken.