



Croquetas De Carne - (Beef Croquettes)

Beef | Croquettes

RATING ★★★★★	SERVINGS 12-24 Croquetas	DIFFICULTY Medium
PREP TIME 45 mins	COOK TIME 20 mins	TOTAL TIME 1 hr 5 mins

Ingredients

4 tablespoons butter
1/2 cup onion, finely minced
1/3 cup flour
1 1/2 cups whole milk, at room temperature
1/4 teaspoon nutmeg
1 tablespoon dry sherry
1 tablespoon dry parsley
1 pound ground beef
1 cup dry bread crumbs
1/4 teaspoon pimenton
1/2 teaspoon salt
1/4 teaspoon black pepper

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 sauté 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 sauté 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!

Whisk in nutmeg, sherry, and dry 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 to taste.

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

Dip a second time and re-roll in 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.)

Shallow fry 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.

Notes

Serve the croquetas with crackers and hot sauce.

You can also make a (croqueta preparada), which is a croqueta served on a cracker with a slice of ham and cheese.

You can substitute chicken or ham instead of beef; make sure they are ground very finely.

If you use chicken, you can use either white or dark meat, and make sure you add a small

splash of lime juice to the chicken