



Rosa's Croquetas

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Croquetas are a traditional appetizer all around Spain. These are filled with chicken, but the filling can be anything – fish, meat, veggies, and even chocolate! The taste brings me back to my home country.”

ROSA HERRERO
BPDA

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PREP TIME

25 mins

COOK TIME

15 mins

SERVINGS

4

INGREDIENTS

- 3.5 oz chicken
- 1 carrot, chopped
- 1 cup of flour
- ½ cup onion, chopped small
- 1 egg
- 1 cup bread crumbs (Italian or cornmeal)
- 2 cups whole milk
- Salt, pepper and nutmeg to taste

PROCEDURE

1. In a sauté pan over medium heat, melt a pad of butter and cook half of your chopped onion for two minutes. Add the carrots to the pan, and cook for another 5 minutes before adding the chicken.
2. When the chicken is fully cooked, set the chicken and vegetables aside to cool and start making the bechamel sauce while you wait.
3. In a pot, start cooking the rest of the chopped onion. Add the flour before the onion gets translucent, and let it cook for another 2 minutes while moving it with a spoon.
4. Start adding the milk little by little and stirring with the spoon. When you add all the milk, let it cook and go back to your chicken to cut it into tiny pieces.
5. Cut the chicken super small and add it to your bechamel with your spices. The sauce should be thick.
6. Let your sauce cool down so it is safe to touch. You can make the sauce bechamel a day before and put it in the fridge if you'd like, some people say that the flavor is best this way.
7. When your bechamel sauce is ready, it is time to bread it. Shape the croquetas like little elongated golf balls. Dip them in the egg, and then in the bread crumbs. If your sauce is not thick enough to shape, you can add some flour to it.
8. Once the croquetas are breaded, you can either fry them in hot oil or bake them at 400F. Enjoy them by themselves or with any side sauce you would like, maybe an aioli.