

Carrot & Zucchini Croquettes

Season: Summer
Type: Starters
Difficulty: Intermediate

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: carrots, parsley, spring onions, zucchini

Recipe Source: Kathy van Eck, Kitchen Specialist, Hallam Primary School

Croquettes are small shapes that are fried and served piping hot. The appeal comes from the contrast between a golden and crunchy coating and a soft and delicious filling. Fillings are usually savoury, whether meat, fish or vegetable (salted cod is a very popular croquette filling for tapas in Spain). They are good served with fresh tomato sauce or a tartare sauce, which is proper egg-based mayonnaise combined with plenty of herbs and pickled cucumber.

Equipment:

baking tray
bowls – 2 small, 2 medium, 1 large
whisk
metric measuring cups
small pot or pan
tea towel
chopping board
small vegetable knife
vegetable peeler
grater
spoon or spatula
frying pan
kitchen paper

Ingredients:

4 eggs
60 g butter
4 large carrots
2 large zucchini
8 green spring onions
handful parsley
¼ cup flour, plus extra flour
to roll the croquettes in
2 cups breadcrumbs
vegetable oil for shallow frying



What to do:

- Preheat the oven to 120 °C and place the baking tray in to keep warm.
- Break the eggs into a medium bowl and whisk them lightly. Set aside.
- Put the butter into a small pot or pan and melt over low heat.
- Wash and dry the carrots, zucchini, spring onions and parsley. Peel the carrots.
- Grate the carrots and the zucchini.
- Chop the spring onions and the parsley finely.
- Combine carrots, zucchini, spring onions and parsley in the large bowl with the flour and the melted butter. Use a spoon or spatula to mix well.
- Divide the mixture into around 30 equal portions.*
- Shape the portions with your hands – they could be a ball, cylinder or egg shape.

- Put the extra flour in a small bowl and set it on the bench next to the bowl of whisked egg and another bowl of breadcrumbs.
- Toss the croquettes gently in the flour, dip them in the egg mixture and roll them in the breadcrumbs.
- Pour enough oil into the pan for a depth of about ½ cm. Heat the oil until quite hot.
- Shallow-fry the croquettes until they are golden brown. Cook them quickly so that they brown nicely without soaking up the oil and becoming soggy and greasy.
- As you cook the croquettes, drain them on plenty of kitchen paper and keep them warm in the oven on the baking tray until all the croquettes are cooked.

***Note:** Make sure that there is one croquette, at least, per diner.

