



Manchego and Ham Croquetas

READY IN



135 min.

SERVINGS



40

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup breadcrumbs
- 40 servings canola oil for frying
- 3 large eggs
- 0.3 cup flour all-purpose plus more for dredging
- 0.3 ounce gelatin powder unflavored
- 40 servings kosher salt and pepper freshly ground
- 4 ounces manchego cheese grated
- 2 teaspoons olive oil extra-virgin
- 1.5 teaspoons onion diced finely

- 1.5 teaspoons bell pepper diced red finely
- 1 cup serrano ham diced finely
- 0.5 teaspoon paprika smoked
- 5 tablespoons butter unsalted
- 2 cups milk whole

Equipment

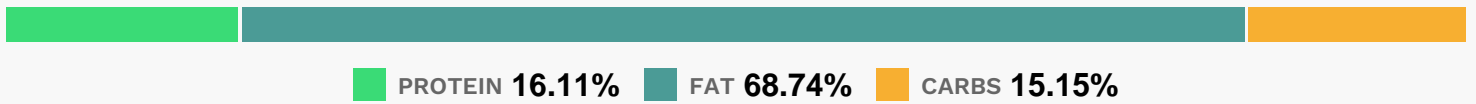
- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- baking paper
- whisk
- baking pan
- kitchen thermometer
- slotted spoon

Directions

- Cook the onion and bell pepper in the olive oil in a saucepan over low heat, stirring, until soft, about 10 minutes.
- Add the ham and cook, stirring, 10 more minutes.
- Add the butter and let melt, then add the smoked paprika and flour and cook, stirring, about 5 minutes.
- Whisk in 1 3/4 cups milk and bring to a simmer. Cook, stirring, until thick, 5 to 7 minutes. Season with salt and pepper.
- Remove from the heat and stir in the manchego until melted.
- Scatter the gelatin over the remaining 1/4 cup milk in a bowl and set aside, 5 minutes.
- Whisk the gelatin mixture until smooth, then stir into the cheese mixture.

- Transfer to a shallow baking dish and refrigerate until firm, about 1 hour.
- Line a baking sheet with parchment paper. Put some flour in a shallow bowl. Beat the eggs in another bowl and put the breadcrumbs in a third bowl. Scoop out about 1 tablespoon of the cheese mixture and form into a football shape. Dredge in the flour, then dip in the eggs and roll in the breadcrumbs.
- Transfer to the prepared baking sheet. Repeat to make about 40 croquetas. Refrigerate until ready to fry.
- Heat about 2 inches of canola oil in a deep skillet over medium-high heat until a deep-fry thermometer registers 360 degrees F. Working in batches, fry the croquetas until golden brown, about 2 minutes.
- Remove with a slotted spoon and drain on paper towels. Season with salt.
- Photograph by Christina Holmes

Nutrition Facts



Properties

Glycemic Index:4.68, Glycemic Load:0.8, Inflammation Score:-1, Nutrition Score:1.861304331085%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 88.21kcal (4.41%), Fat: 6.79g (10.45%), Saturated Fat: 2.3g (14.36%), Carbohydrates: 3.37g (1.12%), Net Carbohydrates: 3.2g (1.17%), Sugar: 0.79g (0.87%), Cholesterol: 24.49mg (8.16%), Sodium: 324.79mg (14.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.16%), Calcium: 53.26mg (5.33%), Vitamin E: 0.62mg (4.12%), Selenium: 2.51µg (3.58%), Vitamin B2: 0.05mg (3.03%), Vitamin B1: 0.04mg (2.86%), Phosphorus: 25.96mg (2.6%), Vitamin K: 2.5µg (2.38%), Vitamin A: 117.44IU (2.35%), Vitamin B12: 0.11µg (1.86%), Manganese: 0.03mg (1.75%), Iron: 0.31mg (1.7%), Folate: 6.77µg (1.69%), Vitamin D: 0.24µg (1.57%), Vitamin B3: 0.26mg (1.31%), Vitamin B5: 0.13mg (1.26%)