



Mushroom Croquettes

READY IN



195 min.

SERVINGS



24

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 stalk celery diced finely
- ☐ 24 servings dijon mustard for serving
- ☐ 3 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 24 servings kosher salt and pepper freshly ground
- ☐ 1.5 cups chicken broth low-sodium
- ☐ 1 cup milk
- ☐ 1 pinch nutmeg freshly grated
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 1 shallots minced
- ☐ 3 cups mushroom caps mixed diced
- ☐ 2 tablespoons butter unsalted
- ☐ 24 servings vegetable oil for frying
- ☐ 4 slices sandwich bread white

Equipment

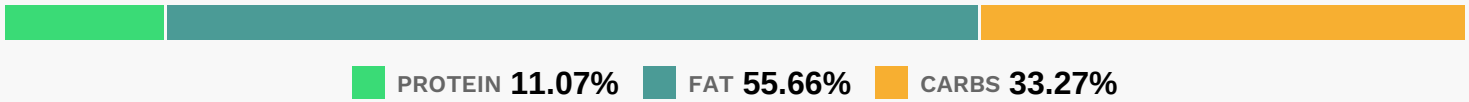
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ baking paper
- ☐ whisk
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Heat the olive oil in a large skillet over high heat.
- ☐ Add the mushrooms and cook until golden, about 4 minutes. Reduce the heat to medium; add 1/2 teaspoon salt, pepper to taste, the celery and shallot and cook until the vegetables are tender, about 4 minutes.
- ☐ Add 6 tablespoons flour, the butter and nutmeg and cook, stirring, until the flour is toasted, 1 to 2 minutes. Slowly whisk in the broth and cook, stirring, until the mixture is the consistency of gravy, about 4 minutes. Slowly stir in the milk and simmer, stirring, until very thick, 6 to 10 more minutes.
- ☐ Remove from the heat, transfer to a bowl and let cool to room temperature. Cover and refrigerate until firm, at least 2 hours.

- ☐ Line a baking sheet with parchment paper. Pulse the bread in a food processor to make fine crumbs; transfer to a shallow dish.
- ☐ Put the remaining 1 1/4 cups flour in another shallow dish; beat the eggs in a third dish. Drop tablespoonfuls of the chilled mushroom mixture into the flour and toss to coat, then shape into 1 1/4-inch-long croquettes. Dip in the eggs, then roll in the breadcrumbs and transfer to the prepared baking sheet. Cover with plastic wrap; refrigerate until firm, 30 minutes.
- ☐ Heat 1/2 inch vegetable oil in a deep saucepan until a deep-fry thermometer registers 360 degrees F. Working in batches, add the croquettes and fry until golden, 2 to 3 minutes per side.
- ☐ Remove with a slotted spoon and drain on paper towels; season with salt.
- ☐ Serve with mustard.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:15.99, Glycemic Load:5.7, Inflammation Score:-2, Nutrition Score:5.1000000160673%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 119.21kcal (5.96%), Fat: 7.54g (11.61%), Saturated Fat: 1.82g (11.35%), Carbohydrates: 10.14g (3.38%), Net Carbohydrates: 8.88g (3.23%), Sugar: 1.63g (1.81%), Cholesterol: 26.98mg (8.99%), Sodium: 290.14mg (12.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.75%), Selenium: 8.63µg (12.33%), Vitamin B3: 1.93mg (9.66%), Vitamin B2: 0.16mg (9.14%), Manganese: 0.16mg (8.18%), Phosphorus: 77.24mg (7.72%), Vitamin K: 7.23µg (6.89%), Vitamin B1: 0.1mg (6.35%), Vitamin B5: 0.63mg (6.32%), Folate: 24.52µg (6.13%), Vitamin B6: 0.12mg (5.81%), Fiber: 1.26g (5.05%), Vitamin E: 0.69mg (4.58%), Iron: 0.81mg (4.5%), Potassium: 150.08mg (4.29%), Zinc: 0.55mg (3.67%), Copper: 0.07mg (3.64%), Magnesium: 13.23mg (3.31%), Calcium: 31.63mg (3.16%), Vitamin D: 0.37µg (2.45%), Vitamin B12: 0.13µg (2.12%), Vitamin A: 90.53IU (1.81%)