



Serrano Ham and Manchego Croquetas

READY IN



100 min.

SERVINGS



24

CALORIES



211 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 servings chives chopped for serving
- ☐ 1 egg yolk
- ☐ 2 large eggs
- ☐ 2 large garlic cloves peeled
- ☐ 24 servings romesco sauce for serving
- ☐ 24 servings kosher salt and pepper black freshly ground
- ☐ 0.3 pound manchego cheese frozen with a food processor (1 cup), plus shaved manchego cheese, for serving finely chopped
- ☐ 0.5 cup olive oil extra-virgin

- ☐ 0.5 teaspoon orange zest
- ☐ 2 cups panko bread crumbs
- ☐ 0.5 pound roasted peppers red drained
- ☐ 1 cup serrano ham frozen finely chopped
- ☐ 1 tablespoon sherry vinegar
- ☐ 0.5 cup slivered almonds
- ☐ 24 servings vegetable oil for deep-frying
- ☐ 3 cups freshly made leftover mashed
- ☐ 3 cups freshly made leftover mashed

Equipment

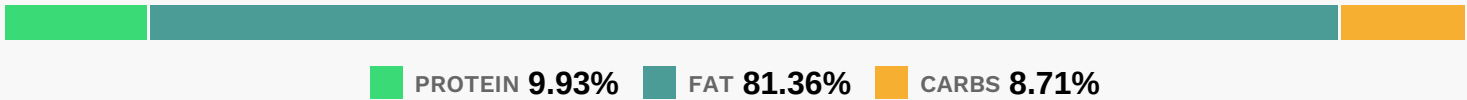
- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ mixing bowl
- ☐ pot
- ☐ blender

Directions

- ☐ In a large mixing bowl or in the food processor combine mashed potatoes, cheese, ham and eggs. Season with plenty of salt and freshly ground black pepper. The mixture should still be wet enough so the bread crumbs stick to the croquettes. Form into croquettes (makes about 2 dozen, medium-sized) and dip into panko bread crumbs, seasoned with salt and pepper. Pat lightly so the crumbs stick.
- ☐ Lay out on a tray, cover and refrigerate for at least 30 minutes before frying.
- ☐ To fry, heat 1-inch of vegetable oil in a deep-fryer or heavy bottomed pot, over medium heat to about 360 degrees F. Fry in small batches, turning once until evenly browned. Each batch should take approximately 5 to 6 minutes.
- ☐ Drain on paper towels and season with kosher salt.
- ☐ Transfer to a serving platter and sprinkle with chives and shaved manchego.

- ☐ Serve with Romesco Sauce.
- ☐ Toast almonds in a skillet over medium heat until golden, about 3 minutes.
- ☐ Transfer almonds to a blender.
- ☐ Add roasted red peppers, egg yolk, garlic, zest, and season with salt and pepper. Pulse a few times to combine the ingredients. With the blender on low speed drizzle in the olive oil. Once it begins to emulsify, stop the blender and add the orange juice, and sherry vinegar. Buzz once more to fully emulsify.
- ☐ *RAW EGG WARNING
- ☐ Food Network Kitchens suggest caution in consuming raw and lightly-cooked eggs. Due to the slight risk of Salmonella or other food-borne illness. To reduce this risk, we recommend you use only fresh, properly-refrigerated, clean, grade A or AA eggs with intact shells, and avoid contact between the yolks or whites and the shell.

Nutrition Facts



Properties

Glycemic Index:4.88, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:4.10999999909816%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 210.74kcal (10.54%), Fat: 19.34g (29.76%), Saturated Fat: 3.92g (24.49%), Carbohydrates: 4.66g (1.55%), Net Carbohydrates: 4.08g (1.48%), Sugar: 0.68g (0.76%), Cholesterol: 32.45mg (10.82%), Sodium: 233.41mg (10.15%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.31g (10.62%), Vitamin K: 28.93µg (27.56%), Vitamin E: 1.92mg (12.81%), Calcium: 71.31mg (7.13%), Manganese: 0.12mg (6.06%), Selenium: 3.1µg (4.43%), Vitamin B2: 0.07mg (4.16%), Vitamin B1: 0.06mg (3.84%), Phosphorus: 31.58mg (3.16%), Iron: 0.55mg (3.06%), Folate: 10.6µg (2.65%), Magnesium: 9.53mg (2.38%), Fiber: 0.58g (2.3%), Copper: 0.04mg (2.21%), Vitamin B3: 0.43mg (2.15%),

Vitamin A: 107.61IU (2.15%), Zinc: 0.23mg (1.5%), Vitamin C: 1.08mg (1.31%), Vitamin B5: 0.13mg (1.31%), Vitamin B6: 0.03mg (1.25%), Vitamin B12: 0.07µg (1.15%), Potassium: 39.62mg (1.13%)