



Spicy vegetable croquettes with cabbage.

(For approx. 40 pieces)

Ingrediënts:

For the filling:

1 cup mushrooms (approx. 200g)
1 half cabbage
1 medium onion
1 garlic clove, or a teaspoon garlic powder
350 ml chicken broth
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2 red chillies
Herbs as desired
4 tablespoons oil or butter
4 tablespoons flour
3 tablespoons crème fraise
2 egg yolks
Salt and pepper to taste

For breading:

Flour
Coarse breadcrumbs (approx. 1 ½ packet)
Stirred loose egg (approx. 4 to 5 pieces)

Materials:

A large pan
Cutting board
Kitchen Knife
Spatula or something else to stir them
Shallow bowls or plates
Fryer



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Preparation:

Cut all vegetables into small pieces. Also cut the garlic and red pepper finely. Cook the mushrooms, sauté the onion with garlic and red pepper with mushrooms. Blanch the cabbage and stir-fry briefly with the mushrooms.

Meanwhile, mix the flour with the spices already. Once the vegetables cooked and or soft enough, add the butter. Then add the flour / seasoning mixture. And stay right mix well. Let this mixture as yarn in the pan. Then you start adding chicken broth. This must little by little. As you will notice that the mixture is saturated you stop adding broth. Add the crème fraise and stir well. Now is the time to taste the mixture equally. Bring to taste with a little salt and pepper.

To make the whole firm, add the egg yolks until now. Keep stirring until it becomes a stiff dough. Firm enough to knead sausages. Remove the pan from the heat and allow to cool completely. In the meantime, you can already grind or chop the peanuts. Time left? Spacious than some already in the kitchen, later saves time and creates space. When the 'dough' completely cooled get your hands wet with some water and roll into balls. Do not make them too big, because then they quickly fall apart during cooking.

Now we move on to the breading. Make sure everything is tidy. Preferably in a shallow tray or plate. You start with a cup of flour, a bowl stirred loose egg and ending with a bowl of breadcrumbs. Make sure you grab all spots. If there is not breaded will leak the croquette during baking. Paneer them now again. Leave the croquettes are a moment to rest in the refrigerator will be baked for them. Preferably a few hours.

Baking:

Let the fryer heat up and use clean cooking oil. Fry the croquettes for a few minutes in the pan until golden brown. They are ready when they surfaced. Temperature: 175 C.