


Ham & Cheese Croquette


By Cian Irvine from Aramark


Food Labelling...

Serves 2


CONTAINS:



WHEAT


MUSTARD



EGGS



MILK


FISH


SOYA

MAY CONTAIN:


PEANUTS


SESAME

Recipe Ingredients ...	Quantity:	Description:
Ham, gammon joint, boiled	60g	1x thin slice
Cheese, hard, average	30g	1x Average grated portion (1/4 cup)
Potatoes, mashed with milk and fat	45g	0.5x Scoop
Cheese, spreadable, full fat, soft, white	51g	1x tablespoon
Worcestershire sauce	3g	0.5x Average Portion
Colmans English Mustard	4g	1x Average Portion
Milk, whole, pasteurised, average	10g	0.3x In tea/coffee
Blue Dragon Panko Breadcrumbs 120g	15g	0.5x Per Serving
Eggs, chicken, whole, raw	23.5g	0.5x Small, size 4
Flour, wheat, white, plain, soft	10g	0.5x tablespoon

Portions / Pack Sizes ...	Quantity:	Kcal:	Sale Price
<div>1 Serving</div>	126g	272	
	1 SERVING		

Cooking Instructions & Notes

Flake up your leftover ham with a fork. Combine in a bowl with cream cheese, mustard, mashed potatoes, Worcestershire sauce and grated cheese. Form into logs or balls. Chill/freeze until firm.

Prepare your pane mix: one tray of flour, one tray egg and milk whisked and one tray of Panko breadcrumbs. Coat your croquette mix in flour and dust off any excess, then dredge in the egg mix and finally in the Panko breadcrumbs ensuring all mix is coated.

Deep fry at 175C for 5-6 minutes.

Drain and season.

Mascarpone may be substituted for Cream Cheese.

Wholegrain or Dijon mustard may be substituted for English mustard.

Homemade breadcrumbs may be substituted for Panko breadcrumbs

The Pane stage can be omitted and 'hash' fritters or potato cakes may be used instead.