

## CHICKEN CROQUETTES

CROQUETAS ARE VERY POPULAR TAPAS FARE AND THERE ARE MANY DIFFERENT VARIATIONS. THIS ONE IS BASED ON BECHAMEL SAUCE, WHICH IS PERFECT FOR TAKING ON DIFFERENT FLAVOURS SUCH AS HAM OR CHOPPED PEPPERS. THE CROQUETTES ARE BEST FRIED JUST BEFORE SERVING.

### SERVES FOUR

#### INGREDIENTS

25g/1oz/2 tbsp butter  
 25g/1oz/¼ cup plain  
 (all-purpose) flour  
 150ml/½ pint/⅔ cup milk  
 15ml/1 tbsp olive oil, plus extra  
 for deep-frying  
 1 boneless chicken breast  
 with skin, diced  
 1 garlic clove, finely chopped  
 1 small egg, beaten  
 50g/2oz/1 cup stale white  
 breadcrumbs  
 salt and ground black pepper  
 fresh flat leaf parsley, to garnish  
 lemon wedges, to serve

**1** Melt the butter in a pan. Add the flour and cook gently, stirring, for 1 minute. Gradually stir in the milk and cook until smooth and thick. Cover and set aside.



**2** Heat the oil in a frying pan and fry the chicken and garlic for 5 minutes.

**3** When the chicken is lightly browned and cooked through, tip the contents of the frying pan into a food processor and process until finely chopped. Tip the mixture into the sauce and stir to combine. Season with plenty of salt and pepper to taste, then set aside to cool completely.



**4** Once cooled and firm, shape the mixture into eight small sausage shapes. Dip each one in beaten egg, then roll in breadcrumbs to coat.

**5** Heat the oil in a large pan, until a cube of bread dropped in the oil browns in 1 minute. Lower the croquettes into the oil and cook for 4 minutes until crisp and golden. Lift out using a slotted spoon and drain on kitchen paper. Serve with lemon wedges and garnish with fresh flat leaf parsley.

