

Ham croquettes

Nacho Manzano, chef from Casa Marcial

Skill Level

[] beginner [x] intermediate [] advanced

Ingredients for 120 portions

- 250 gr. of Serrano Ham
- 3 litres of whole milk
- 240 gr. of flour
- 200 ml. of olive oil (soft and light)
- 40 gr. butter
- 5 gr. of salt

Kitchen Tools

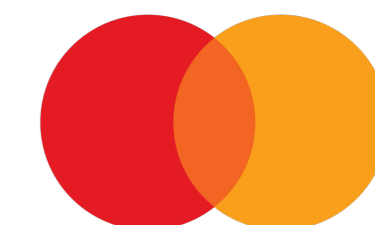
- Pan
- Fryer
- Hand mixer
- Tray
- Spoon
- Bowl

Instructions

1. Cut the Serrano ham in little square pieces and fry gently in the olive oil and butter
2. Once the ham turns a nice golden colour add the flour, mixing it thoroughly and cooking it for a further 4 minutes
3. Heat the milk to boiling point and then stir it in little by little (while hot) to the ham and flour mixture and gently simmer for 15 minutes, stirring often so it does not stick to the pot. Lower down the heat and simmer for 15 minutes until you have a nice béchamel or white sauce
4. Transfer the béchamel to a tray greater than 4cm in depth, covering the bottom of it with the mixture to a thickness of 4 cm
5. Allow to cool to room temperature and then cover the mixture with cling film (the film must rest on the surface of the mixture so it does not create a crust). Then transfer the tray to the refrigerator until it is firm and has set
6. Next, shape the croquettes into an oval form and the desired size
7. Coat each croquette first with egg and then with bread crumbs rolling the croquette through the crumbs fast so it has only a light coating
8. Leave the croquettes settling in the fridge for a further 3 hours
9. Fry the croquettes a few at a time so they do not stick to each other or break in a deep fryer at 180 degrees

Finish and presentation

10. Preheat the fryer to 180° C and fry until they begin to turn brown.
11. Dry on paper and serve.



Croquetas de jamón

Nacho Manzano, chef de Casa Marcial

Nivel culinario

[] principiante [x] intermedio [] avanzado

Ingredientes (120 raciones)

- 250 gr. de jamón serrano
- 3 lt. de leche (a ser posible con toda su grasa)
- 240 gr. de harina
- 200 ml. de aceite de oliva suave
- 40 gr. de mantequilla
- 5 gr. de sal fina

Herramientas de cocina

- Cazuela
- Freidora
- Batidor manual
- Bandeja
- Cuchara
- Bowl

Pasos a seguir

1. Freír el jamón (previamente picado en cubos finos) en el aceite y la mantequilla
2. Una vez dorado el jamón, añadir la harina y mover bien mientras se cocina durante 4 mins. para que no se queme la harina
3. Añadir la leche caliente y dejar cocinar a fuego fuerte durante 15 mins.
4. Bajar el fuego y sin dejar de mover cocinar 15 mins. más
5. Rectificar de sal y poner la masa sobre una bandeja, tapada a piel (para que no genere costra)
6. Dejar enfriar
7. Hacer porciones de masa de croqueta de 25 gr en forma ovalada
8. Rebozar bañándolas primero por huevo batido y después se pasan por el pan rallado (fino y sin mucho color) moviéndolas con energía para que genere una pequeña película
9. Dejar reposar en la nevera durante 3 horas

Acabado y presentación

10. Precalentar la freidora a 180° C y freír hasta que empiecen a coger color tostado
11. Secar sobre papel y servir

