

Epicurean Products from Spain

Hello from Solymer.

Today's croquette recipe comes from Chef Joseba Jimenez de Jimenez, a fantastic chef from the Basque region of Spain. Croquettes are found throughout Spain in bars and homes alike. They are small savoury morsels and come in all sorts of varieties: Jamón, Bacalao, Shrimp, Cheese, Hard Boiled Eggs, etc. I think that the one thing that needs to be true about a croquette is that it needs to be very tasty so that it is a joy to eat.

Pair up the tasty croquette with a very cold, crisp glass of Cava and you've got a recipe for a nice beginning to a great Spanish meal. Let's just say that one croquette and one glass of cava is definitely more than two.

Enjoy!

Lisa, Umberto and the Solymer Team

Recipe of the Week

Chicken Croquettes

- 2 tablespoons unsalted butter
- 2 tablespoons extra-virgin olive oil
- 2 cups minced roasted chicken
- 1/2 cup finely chopped Serrano
- 1/2 teaspoon freshly grated nutmeg
- Salt and freshly ground pepper
- 1/4 cup all-purpose flour, plus more for dredging
- 3/4 cup plus 2 tablespoons whole milk
- 2 large eggs
- 1 cup fine, dry bread crumbs
- Vegetable oil, for frying
- Lemon wedges, for serving



1. In a large skillet, melt the butter in the olive oil.
2. Add the chicken, ham, nutmeg and a large pinch each of salt and pepper. Cook over moderate heat, stirring, for 3 minutes.
3. Stir in 1/4 cup of the flour, then gradually whisk in 3/4 cup of the milk. Simmer for 3 minutes, stirring occasionally.
4. Scrape the croquette mixture into a bowl; let cool. Cover and refrigerate until chilled, at least 1 hour.
5. Divide the croquette mixture into 16 equal portions.
6. Using wet hands, roll the portions into oval croquettes.
7. Preheat the oven to 325°.
8. In a shallow bowl, beat the eggs with the remaining 2 tablespoons of milk.
9. Spread the bread crumbs and some flour in 2 more shallow bowls. Dredge each croquette first in the flour, then dip in the egg; coat the croquettes with bread crumbs and transfer to a platter.
10. In a small saucepan, heat 1/2 inch of vegetable oil until shimmering.
11. Fry 4 croquettes at a time, turning twice, until golden brown, about 3 minutes.
12. Transfer the croquettes to a wire rack set over a baking sheet and keep warm in the oven while frying the rest.
13. Serve immediately, with lemon wedges.

Wine of the Week

1+1=3 Cava Brut

This sparkling cava is 28% Macabeo, 32% Xarel·lo and 40% Parel·lada. The aroma is clean and elegant with white fruits (apple, pear) with fine and pleasant notes due to aging. On the palate it is pleasant and delicate similar to the aroma. The proper aging creates a pleasant and fine effervescence and balanced acidity. It has a fresh and persistent finish.



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