



Iberian Ham Croquettes

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Hors d'Oeuvres

Prep Time: 30 minutes **Cook Time:** 15 minutes **Servings:** 24 croquettes **Source:** From the Recipe Collection of Ian and Steph Smith

INGREDIENTS

Preparation Day 1:

- 1 medium onion (6 ounces)
- 8 oz. Serrano ham (other high quality cured ham)
- 1 cup all-purpose flour
- 4 cups whole milk at room temperature

Dough:

- ¼ cup extra virgin olive oil
- 4 tablespoon unsalted butter
- 1 pinch nutmeg
- 1 pinch salt

Preparation Day 2:

- 2 beaten eggs
- 1/2 cup flour (may need more.)
- 1 cup Panko breadcrumbs (may need more.)

DESCRIPTION

This recipe is based on one published on the internet [here](#).

DIRECTIONS

Preparation Day 1:

- Finely dice the onion and set aside.
- Finely dice the ham and set aside.
- Measure out the flour and set aside.
- Set out the milk in a pourable container.

Dough:

Heat the oil in a heavy pan over medium heat and then add the oil and butter. When melted, sauté the onions until they are just starting to colour, about 5 minutes. Stir in the nutmeg and salt and add the ham. Cook for a minute and then stir in the flour, stirring constantly until the roux is just starting to darken, about 4 minutes. Now gradually add the milk, stirring constantly, for the next 15 to 20 minutes. Every time the mixture gets dry, add a little more milk.

Once all the milk has been added and the dough is creamy and thick, remove it from the heat.

Pour the croquette dough onto a large, parchment-lined sheet pan, spreading it out in a flat layer, cover it with plastic wrap, and let it cool to room temperature. Refrigerate overnight.

Preparation Day 2:

- Beat the eggs and pour them onto a large plate.
- Pour the flour onto another plate.
- Pulse the Panko crumbs in a food processor to make them somewhat finer and then pour them onto a third plate.
- Line a sheet pan with parchment paper.
- Start the oil heating in a wok equipped with a pastry thermometer.
- Take the dough out of the fridge and make 2"x 1" logs using your hands or two spoons.

Cooking:

For each croquette, roll it in the flour, knock off any excess, and dip it in the egg. Then roll it in the bread crumbs to coat, and place it on the sheet pan.

When all the croquettes are completed and the oil has stabilized at 375°F, add them to the oil a few at a time. Turn them over after a minute or so and remove them from the oil with a slotted spoon as soon as they are a nice golden brown, about 2 minutes overall. Keep the oil at a constant temperature. Place croquettes on a wire rack over paper towel to drain off any remaining oil.

Serve warm.

NOTES

The trick to creamy croquettes is to add the milk very slowly and to stir constantly.

Once cooked, croquettes will last about three days in the fridge or as long as three months in the freezer. To reheat, place in a 350°F oven for about 10 minutes (or a little longer if frozen).

We found these to be a great pairing with a sparkling Spanish Cava.

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