



Chicken Croquetas

Chef Jose Andres special appetizer

1/4 cup unsalted butter
1/4 cup Spanish onion, peeled; finely chopped
1-1/4 cups all-purpose flour
2 cups whole milk
1/4 teaspoon salt or to taster
1 pinch nutmeg
5 ounces cooked chicken, shredded, cold
2 large eggs, beaten
1 to 1-1/2 cups breadcrumbs or as needed
1 to 2 cup cooking oil or as needed

Directions:

- Melt the butter in a medium sauté pan over medium heat. Add the onions and cook until they become translucent, about 5 minutes. Slowly stir in 3/4 cup of flour, stir vigorously until well combined. Cook for about 3 minutes until mixture becomes frothy and golden in color. Pour the milk into the mixture, stirring continuously; continue to cook for about 2 minutes or until you have a thick béchamel sauce. Season to taste with salt and nutmeg.

- Add the chilled chicken and stir with a wooden spoon until well combined. Cook for another 2 minutes or a thick mixture that can be molded in your hands. It shouldn't be too sticky. Cool the filling.
- Once cool enough to handle, take a spoonful of the mixture and roll in your hands to make a small cylinder, about the size of a wine cork. Roll the cylinder in the remaining flour, then in the eggs, and then in breadcrumbs; set aside on another cookie sheet.
- Repeat with the remaining mixture until you have about 18 croquetas.
- In a fryer or small deep-frying pan, heat the olive oil to 375 degrees F. Work in batches, add the croquetas, making sure they are covered completely in oil. Fry until golden, about 1 minute, then transfer to a paper towel-lined tray; let drain.
- Season with salt if desired; serve warm.
- Makes about 18 croquetas

Cook's Note: I made half of the original recipe and served them with a spicy ranch flavored dip. I needed to add more bread crumbs and an additional egg. The flavor was mild and creamy. Since we like peppers, we thought that we would add some the next time we made them. The recipe has multiple steps, requiring more preparation time.

About the Recipe: Chicken Croquettes are crispy, breaded, deep-fried finger shaped or balls of chicken, with a flavorful, smooth white cream sauce. They are crispy on the outside yet juicy and creamy soft on the inside. They are often served as an appetizer.

See Original Recipe from: <https://joseandres.com/recipes/chicken-croquetas/>

