

Carrot & zucchini croquettes

Season: Summer

Type: Starters

Difficulty:
Intermediate

Serves:

20 tastes in the
classroom or 5
serves at home

Fresh from the garden: carrots, eggs, parsley, spring onions, zucchini

Recipe Source: Adapted from an original by Hallam Primary School, VIC

Croquettes are small shapes that are fried and served piping hot. The appeal comes from the contrast between a golden and crunchy coating and a soft and delicious filling. Fillings are usually savoury, whether meat, fish or vegetable (salted cod is a very popular croquette filling for a tapas in Spain). They are good served with fresh tomato sauce or a sauce Tartare, which is proper egg-based mayonnaise combined with plenty of herbs and pickled cucumber.

Equipment:

baking tray
bowls – 2 small, 2 medium, 1 large
whisk
measuring cups
tea towel
chopping board
small vegetable knife
vegetable peeler
grater
spoon or spatula
frying pan
kitchen paper

Ingredients:

4 eggs
4 large carrots
2 large zucchini
8 green spring onions
bunch of parsley
¼ cup flour, plus extra to roll the
croquettes in
2 cups breadcrumbs
(fresh or dried)
vegetable oil for shallow frying



What to do:

- Preheat the oven to 120°C and place the baking tray in to keep warm.
- Break the eggs into a medium bowl and whisk them lightly. Set aside.
- Dampen a tea towel and place it under the chopping board to keep it from slipping.
- Wash and dry the carrots, zucchini, spring onions and parsley. Cut away any tops and tails, roots and coarse stems.
- Peel the carrots.
- Grate the carrots and the zucchini.
- Chop the spring onions and the parsley finely.
- Combine carrots, zucchini, spring onions and parsley in the large bowl. Add the flour. Use a spoon or spatula to mix the ingredients well.
- Divide the mixture into twenty equal portions.*

- Shape the portions with your hands – they could be a ball, cylinder or egg shape.
- Put the extra flour in a small bowl and set it on the bench next the bowl of whisked egg and another bowl of breadcrumbs.
- Toss the croquettes gently in the flour, dip them in the egg mixture and roll them in the breadcrumbs.
- Pour enough oil into the pan for a depth of about ½ cm. Heat the oil until quite hot.
- Shallow-fry the croquettes until they are golden brown. Cook them quickly so that they brown nicely without soaking up the oil and becoming soggy and greasy.
- As you cook the croquettes, drain them on plenty of kitchen paper and keep them warm in the oven on the baking tray until all the croquettes are fried.

* **Note:** A volunteer can check to make sure that there is one croquette, at least, per student.

