

Carrot & Zucchini Croquettes

Bialik College Kitchen Garden Program



Ingredients:

- 4 eggs
- 60g butter
- 4 large carrots, peeled & grated
- 2 large zucchini, grated
- 8 green spring onions, finely chopped
- 1 handful of parsley, finely chopped
- ¼ cup plain flour, plus extra flour to roll the croquettes in
- 2 cups breadcrumbs
- Rice Bran oil for shallow frying

Equipment:

- Metric measuring scales & cups
- Baking tray
- Clean tea towel
- Chopping board
- Cook's knife
- Vegetable peeler
- Grater
- Mixing bowls
- Whisk
- Small saucepan
- Frying pan
- Paper towel

Method:

1. Preheat the oven to 70C and place a baking tray inside to keep warm.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Break the eggs into a medium mixing bowl and whisk them lightly. Set aside.
4. Melt the butter in the small saucepan over low heat.
5. Combine carrots, zucchini, spring onions and parsley in the large bowl with the flour and the melted butter. Use a spoon or spatula to mix well.
6. Divide the mixture into around 30 equal portions. Make sure that there is, at least, one croquette person.
7. Shape the portions with your hands – they could be a ball, cylinder or egg shape.
8. Put the extra flour in a small bowl and set it on the bench next to the bowl of whisked egg and another small bowl of breadcrumbs.
9. Toss the croquettes gently in the flour, dip them in the egg mixture, then roll them in the breadcrumbs.

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10. Pour enough oil into the frying pan for a depth of about 0.5cm. Heat the oil until quite hot.
11. * **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 & greasy.
12. 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 cooked.

* **Adult supervision is required for this step.**