



# Carrot & Zucchini Croquettes

**Season:** Summer

**Serves:** 30 tastes in the classroom  
or 6 at home

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

**Recipe source:** Adapted from a recipe by Kathy van Eck, Kitchen Specialist, Hallam Primary School, Victoria

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

## Equipment:

metric measuring scales and cups  
baking tray  
clean tea towel  
chopping board  
cook's knife  
vegetable peeler  
grater  
bowls – 2 small, 1 medium, 1 large  
whisk  
small pot or pan  
spoon or spatula  
frying pan  
kitchen paper

## Ingredients:

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



## What to do:

1. Preheat the oven to 70 °C and place the 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 bowl and whisk them lightly. Set aside.
4. Melt the butter in the small pot or pan over a 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 one croquette, at least, per diner.
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.



**Carrot & Zucchini Croquettes** continued

9. Toss the croquettes gently in the flour, dip them in the egg mixture, then roll them in the breadcrumbs.
10. Pour enough oil into the frying pan for a depth of about 0.5 cm. 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 and 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.

