

Growing Harvesting Preparing Sharing

# 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

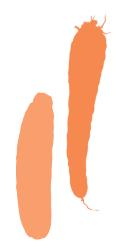
8 green spring onions, finely chopped

1 handful of parsley, finely chopped

1/4 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.





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#### 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.

