



Kroketten

Recipy by Cees Holtkamp

Ingredients

Broth ingredients

- × 1 lb veal shoulder
- × 2 lb bones & tendons
- × 1 teaspoon peppercorns, crushed
- × 1 teaspoon salt
- × 10 oz soup vegetables

Ragout ingredients

- × 3 oz fat, skimmed of the broth¹
- × ¾ cup flour
- × 2 cups cold broth
- × 3 sheets of gelatin

- × 2 egg yolks
- × 1 teaspoon mustard
- × Nutmeg
- × 1 tablespoon flat-leaf parsley

Breading & frying ingredients

- × 5 white sandwiches
- × 4 egg whites
- × 1 egg
- × Sunflower oil for frying

¹ optionally supplemented with butter

Steps to make the kroketten

Day one

- 1 Place the shoulder meat, bones and tendons with the peppercorns and salt in a large pan with enough cold water to cover everything and bring to the boil.
- 2 When the water is boiling, skim off the broth, lower the heat and add the soup vegetables.
- 3 After 2 hours, scoop the meat out with a slotted spoon and place in the refrigerator covered with plastic wrap.
- 4 Let the rest simmer for at least 1 hour until a very strong stock.
- 5 Then let it cool down completely.
- 6 Strain the cold stock and put the pan in the refrigerator.

Day two

- 7 Soak the gelatine sheets in a bowl of cold water
- 8 Skim off the fat (3oz) floating on top of the gelling stock.
- 9 If too little fat has been removed from the meat, bones and tendons, you can make up for the shortage with butter.
- 10 Measure out about 2 cups of cold stock for the ragout.
- 11 Use what remains as a base for a soup, for example.
- 12 Melt the fat from the stock, possibly supplemented with butter, in a heavy-bottomed pan.
- 13 Put the lid on the pan as the fat may splatter.



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14. Remove the pan from the heat when the fat has splattered.
15. Immediately add the flour and beat with a whisk.
16. Continue to cook on the stove for 1 to 2 minutes until the thickened mass is golden in color and releases from the pan.
17. Pour the measured cold stock into the mixture.
18. Bring to the boil while stirring and let it cook for another 2 to 3 minutes, stirring.
19. Taste and remove the pan from the heat when the ragout is shiny and no longer tastes floury.
20. Stir in the squeezed gelatin, plus the egg yolks and mustard.
21. Season the ragout well with nutmeg, salt and pepper.
22. Cut the veal into small cubes and stir them into the ragout together with the parsley.
23. Then pour the ragout into an oven dish or plate and let it set in the refrigerator for 2 hours, covered with some plastic wrap.
24. In the meantime, roast the old white casino sandwiches for 1 hour in the oven at 250°F
25. Roll over the sandwiches with a rolling pin.
26. Sift the crumbs into a fine sieve, allowing fine breadcrumbs to separate from coarse breadcrumbs that remain in the sieve.
27. Beat the 4 egg whites and the egg with some salt in a bowl with a whisk.
28. Using an ice cream scoop or two separate spoons to scoop 3 oz balls of ragout
29. Shape them into croquettes and roll them in the fine breadcrumbs.
30. Then dip the croquettes in the egg and finally roll them in the coarse breadcrumbs.
31. Heat up the oil in the frying pan up to 365°F
32. Fry the croquettes for 3 minutes (thawed) in oil at 365°F or 5 minutes (frozen) in oil at 355°F.

Uncooked croquettes can be stored in the freezer for two months.