

Sunvil Supper Club

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May 2017 - Croquetas de Jamón Serrano



Ingredients (serves 6)

- 250gms of Serrano ham or other dry-cured ham, finely chopped
- 2 eggs
- 2 tbsps of unsalted butter
- 3 tbsps of all-purpose flour
- 375ml full fat milk
- 1/8 tsp of ground nutmeg
- 100gms of breadcrumbs
- Olive oil
- Salt and pepper

Method

- Mix the ham with one egg and one egg yolk.
- Melt the butter in a pan and stir in the flour. Cook until a pale yellow colour.
- Pour in the milk, whilst stirring and bring the mixture to a boil.
- Cook on a low heat for 10 minutes, stirring constantly until a thick Béchamel sauce forms.
- Remove from the heat and fold in the ham & egg mixture.
- Season with salt, pepper and nutmeg and set aside to cool.
- Beat the remaining egg with the egg white.
- Using a wet tablespoon, cut pieces off the ham mixture and form into little croquettes.
- Coat first in flour, then roll in the beaten egg and finally in the breadcrumbs.
- Ensure each croquette is completely covered.
- Fry them in the oil in batches.
- Once cooked to a golden colour, drain on paper towels and serve immediately.

Croquetas de Jamón are a common sight on bar counters and in homes across Spain, served as tapas. One of the most popular stories concerning the origins of tapas dates back to the 13th century. King Alfonso X of Castille, recuperating from an illness, he could only eat and drink in small amounts - resulting in one of the first forms of tapas.

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Recipe courtesy of thetapaslunchcompany.co.uk**