

Croquetas de Pollo y Jamón

chicken and ham croquettes

Spaniards are fond of these bite-sized morsels with a crunchy, golden crust enclosing a creamy filling.

¼ cup (2 fl oz/60 ml) olive oil, plus extra for deep-frying

2 boneless, skinless chicken breast halves, about ¼ lb (375 g) total weight

1 small yellow onion, minced

⅓ cup (2 oz/60 g) all-purpose (plain) flour

2½ cups (20 fl oz/625 ml) milk

*¼ lb (125 g) serrano ham, chopped
salt and freshly ground pepper to taste*

pinch of ground cinnamon

1 egg, separated

fine dried bread crumbs

👉 In a frying pan over medium-low heat, warm the ¼ cup (2 fl oz/60 ml) olive oil. Add the chicken, cover, and cook, turning once, until opaque throughout, about 10 minutes total. Transfer to a cutting board, let cool, and then chop finely.

👉 Add the onion to the oil remaining in the pan and sauté over medium heat until golden, 12–15 minutes. Add the flour and stir until the mixture thickens, 3–4 minutes. Slowly pour in the milk, stirring constantly, then cook, stirring, until thick and creamy, about 5 minutes. Add the ham and chicken and season with salt, pepper, and cinnamon. Remove from the heat and let cool slightly. Lightly beat the egg yolk, then stir well into the mixture. Let cool.



👉 In a shallow bowl, beat the egg white until frothy. Place the crumbs in another shallow bowl. Using 1 or 2 spoons, scoop up an egg-shaped ball of the chicken mixture. Dip it into the egg white and then into the crumbs, coating evenly each time. Place on a rack or on a baking sheet lined with parchment (baking) paper. Repeat until all the mixture is used.

👉 In a deep frying pan, pour in oil to a depth of 3 inches (7.5 cm) and heat to 375°F (190°C). Working in batches, fry the croquettes until golden, about 4 minutes. Transfer to paper towels to drain; keep warm. Arrange on a platter and serve hot.