

Kroketten

Dutch meat croquettes

Meat

1.5 cups of finely crumbled and cooked hamburger or finely chopped cooked roast beef

White sauce

3 tbsp butter or margarine

3 tbsp flour

1 cup milk

Coating

Flour

Egg

Breadcrumbs

Oil for deepfrying

The meat should be very finely crumbled or chopped. Make a basic white sauce as follows, or use your own recipe and judgement.

Melt the butter in a saucepan over medium heat.

When the butter is melted, add the flour.

Stir to combine, and keep stirring to form a smooth roux.

Cook the roux, while stirring, for several minutes over medium-low heat to get rid of the raw flour taste, but take off the heat before the butter separates from the roux.

Warm the milk in the microwave or on the stovetop until warm, not boiling.

Still stirring the roux, slowly add the milk while stirring to combine the two; continue until all the milk is incorporated.

Turn up the heat and allow the sauce to come to a slow boil.

Continue to cook the white sauce while stirring until it is smooth and very thick.

When the sauce is ready, add salt and pepper to taste, and a pinch (no more than 1/8 teaspoon) of nutmeg.

Add the meat and stir to combine.

You should have a mixture that is approximately half sauce and half meat.

Cover and let the mixture cool to room temperature.

Spread the mixture in a pan or dish large enough so it makes a layer about an inch or so thick. Cover with clingwrap and refrigerate until cold, several hours or overnight.

Heat the oil to 325 degrees F.

Prepare three plates: one with flour, one with a beaten egg, one with breadcrumbs.

When cold, scoop up enough of the very stiff mixture to form a roll about four inches long and an inch in diameter.

Roll it in the flour, making sure it is coated all around, then in the egg, then in the breadcrumbs.

When all the kroketten are been made, fry them two or three at a time in the heated oil, until the outside is nicely browned. They do not have to cook inside, they just need to be heated through.

Serve with Dijon mustard or other favourite condiment.

Variations:

- The small log-shapes are called kroketten. They can also be formed into small balls about 1 to 1.5 inches across, called bitterballen, a Dutch word that refers to "bitters", or drinks, with which they are traditionally served.
- If you prefer, substitute finely chopped cooked chicken for the beef.
- You can also add a bit of curry powder to the sauce instead of nutmeg, for a completely different flavour.