



COGLANS



SCHOOL OF WINE, FOOD & DINING

Mushroom & Herb Croquettes With Cayenne & Smoked Paprika



1 ltr milk
 150g butter
 200g plain flour
 250g Button mushrooms finely diced and cooked in a little oil
 1 tspn cayenne
 1 tspn smoked paprika
 2 dessert spoons chopped herbs
 extra flour for coating
 6 eggs whisked
 200g dried breadcrumbs



1 Melt butter in a pan, add flour and mix together. Slowly add the milk to create a smooth paste. Keep adding a little at a time.

2 When you have added all the stock slowly bring to the boil and cook for 5 minutes on a low heat.

3 Remove and cool. Add herbs, cayenne, paprika and mushrooms to the mixture and chill for 3 - 4 hours.

4 When chilled roll up into a sausage about 2cm thick and cut into 5cm sections. Coat each one into flour then egg and finally breadcrumbs. Repeat the egg and breadcrumbs again to give in a thicker coating then chill for 1 hour.

5 Heat up oil in a fryer to 180 oc and cook until golden brown..