

# Chicken Croquettes



**Makes 8    Prep 20 mins + chilling    Cooking 30 mins    Easy**

## Ingredients

3 slices white bread	small bunch parsley
1 small onion, peeled	25g butter
2 tbsp plain flour	150ml chicken stock
500g cooked chicken meat	salt & pepper
1 egg, beaten	flour for coating
3 slices white bread	oil for deep frying

1. To make the breadcrumbs: fit the double-bladed knife, tear the bread into pieces and process it for 20 to 30 seconds or until you have coarse breadcrumbs. Spread them out on a baking tray & bake in a moderate oven: 180C/ Fan 160C/ Gas 4 for 15 - 20 mins or until they are dry but not browned. You may have to turn them once or twice while cooking. Empty them back into the bowl & process for a further 20-30 seconds until you have fine dry breadcrumbs.
2. Wash the parsley and then process in a mixer for 20-30 seconds or until it is finely chopped.
3. Quarter the onion, place it in the blender and process for 5-10 seconds or until finely chopped. Melt the butter in a saucepan; add the onion and cook, stirring, until it is transparent. Stir in the flour and then gradually add the stock. Bring to the boil and cook, stirring continuously for 2-3 mins. Remove from the heat.
4. Fit the double bladed knife. Cut the chicken into 2.5cm cubes, place them in the bowl and process for 15- 20 seconds or until finely chopped. Stir the chicken and the chopped parsley into the sauce and season to taste. Put the mixture into the fridge and chill thoroughly.
5. Lay out 3 plates: put 2 tbsp flour, for coating in one, the beaten egg in the 2nd and the breadcrumbs in the 3rd. Use wet hands to shape the chicken mixture into eight croquettes and roll each one in the flour, the egg and finally the breadcrumbs. Chill them again.
6. Heat the oil to 180C or until a piece of bread put into it, will sizzle. Deep fry the croquettes until golden and serve immediately.