

# Ham and Mushroom Croquettes

*The Essential Appetizers Cookbook (1999)*  
*Whitecap Books*

## **Yield: 36 appetizers**

*3 ounces butter*  
*1 small onion, finely chopped*  
*3 1/2 ounces cap mushrooms, finely chopped*  
*3/4 cup plain flour*  
*1 cup milk*  
*3/4 cup chicken stock*  
*3 1/2 ounces ham, finely chopped*  
*black pepper (to taste)*  
*1/2 cup plain flour, extra*  
*2 eggs, lightly beaten*  
*1/2 cup dry breadcrumbs*  
*olive oil (for deep frying)*

## **Preparation Time: 35 minutes**

### **Cook Time: 20 minutes**

Melt the butter in a pan over low heat. Cook the onion for 5 minutes or until translucent. Add the mushrooms. Cook, stirring occasionally, over low heat for 5 minutes. Add the flour. Stir over medium-low heat for 1 minute or until the mixture is dry and crumbly and begins to change color.

Remove the pan from the heat. Gradually stir in the milk and the stock. Return to the heat, stirring constantly, until the mixture boils and becomes very thick. Stir in the ham and some black pepper. Transfer to a bowl to cool for about two hours.

When completely cool, roll tablespoons of the mixture into croquette shapes. Place the extra flour, beaten eggs and breadcrumbs in three shallow bowls. Toss the croquettes in the flour, then in the eggs, allowing the excess to drip away, then toss in the breadcrumbs. Place on a baking tray covered with paper. Refrigerate for about 30 minutes.

Fill a deep, heavy skillet one-third full of oil. Heat to 350 degrees or until a cube of bread dropped into the oil browns in 15 seconds. Deep-fry the croquettes, in batches, for about 3 minutes each batch until they are browned all over and heated through. Drain each batch on crumpled paper towels.

Serve the croquettes warm or hot.

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Per Serving (excluding unknown items): 1360 Calories; 101g Fat (66.9% calories from fat); 47g Protein; 65g Carbohydrate; 3g Dietary Fiber; 700mg Cholesterol; 4348mg Sodium. Exchanges: 2 1/2 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 1 Non-Fat Milk; 17 Fat.

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	1360	<b>Vitamin B6 (mg):</b>	.7mg
<b>% Calories from Fat:</b>	66.9%	<b>Vitamin B12 (mcg):</b>	3.1mcg
<b>% Calories from Carbohydrates:</b>	19.1%	<b>Thiamin B1 (mg):</b>	2.2mg
<b>% Calories from Protein:</b>	14.0%	<b>Riboflavin B2 (mg):</b>	1.5mg
<b>Total Fat (g):</b>	101g	<b>Folacin (mcg):</b>	102mcg
<b>Saturated Fat (g):</b>	55g	<b>Niacin (mg):</b>	9mg
<b>Monounsaturated Fat (g):</b>	33g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	6g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	700mg	<b>% Refused:</b>	n n%
<b>Carbohydrate (g):</b>	65g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	3g	<b>Grain (Starch):</b>	2 1/2
<b>Protein (g):</b>	47g	<b>Lean Meat:</b>	4
<b>Sodium (mg):</b>	4348mg	<b>Vegetable:</b>	1 1/2
<b>Potassium (mg):</b>	1211mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	517mg	<b>Non-Fat Milk:</b>	1
<b>Iron (mg):</b>	8mg	<b>Fat:</b>	17
<b>Zinc (mg):</b>	5mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	37mg		
<b>Vitamin A (i.u.):</b>	3397IU		
<b>Vitamin A (r.e.):</b>	876 1/2RE		

**Nutrition Facts**

**Amount Per Serving**

**Calories** 1360 **Calories from Fat:** 910

**% Daily Values\***

<b>Total Fat</b> 101g	155%
Saturated Fat 55g	276%
<b>Cholesterol</b> 700mg	233%
<b>Sodium</b> 4348mg	181%
<b>Total Carbohydrates</b> 65g	22%
Dietary Fiber 3g	13%
<b>Protein</b> 47g	
<b>Vitamin A</b>	68%
<b>Vitamin C</b>	61%
<b>Calcium</b>	52%
<b>Iron</b>	43%

\* Percent Daily Values are based on a 2000 calorie diet.