

SWEET POTATO CROQUETAS

Equipment needed –

Measuring cups, measuring spoons, grater, large bowl, masher, whisk, 3 bowls, 3 serving platters and 3 small bowls.

Ingredients from the Garden –

- 500 grams of sweet potato
- 500 grams of chat potato
- 3 tablespoons of chopped chives
- 1 egg
- 2 eggs beaten

Ingredients from the Pantry –

- 200 grams dried bread crumbs
- ¼ cup of corn flour
- 1 pinch of pepper to taste
- 1 pinch of nutmeg to taste
- 1/2 cup of parmesan grated
- Sweet chilli sauce

What to do –

1. Peel, chop and cook the potatoes then drain in a colander over the sink. Let rest for 10 minutes.
2. Grate the parmesan cheese so that you have enough to fill 1/2 cup. Set aside.
3. Chop the chives and set aside.
4. In a large bowl mash the potatoes using a potato masher.
5. Crack in one egg and season with 1 pinch of pepper.
6. Stir in the nutmeg, grated cheese and chopped chives. The potato mixture should be firm.
7. Shape the mixture into 28 small croquettes (log shape).
8. Measure out ¼ cup of corn flour into a bowl and set aside.
9. Measure out 200 grams of breadcrumbs and set aside.
10. Crack 2 eggs into a bowl and whisk well.
11. Set the bowls out in the order of flour, egg, and then breadcrumbs.
12. Dip the croquettes in the flour, then egg then roll in the breadcrumbs.
13. Place on a baking tray lined with baking paper and lightly spray with olive oil spray.
14. Bake at 180 ° for about 20 minutes or until golden.
15. Arrange on 3 serving platters to serve, with a small bowl of sweet chilli dipping sauce on each.

Serves –

- 28 students.