

Spanish Sweet Potato Croquettes

Ingredients for 4 servings:

300 g American sweet potatoes
1 onion
80 g Serrano ham
60 g Spanish cheese (e.g. Manchego)
¼ bunch parsley
2 tbsp. butter
approx. 150 g flour
400 ml milk
freshly ground pepper
nutmeg, ground
4 eggs
1 small organic lime
8 marinated olives
150 g yoghurt
2 tsp. of maple syrup
approx. 150 g breadcrumbs
vegetable oil for frying
salt



Directions:

1. Peel sweet potatoes and cut them into cubes. Cook them in slightly salted, boiling water for approx. 10-15 minutes. Drain sweet potatoes, pat them dry, mash them and let them cool off.
2. Melt butter in a pan under low heat. Peel onion and cut into cubes. Slice ham into small cuts and grate or dice the cheese. Wash the parsley, pat dry and chop finely. Add onion and ham in the heated butter and roast them briefly. Add 100 g flour and sauté everything. Pour in milk while whisking and bring to a boil.
3. Add parsley, sweet potatoes, cheese, and breadcrumbs, stir together and season with salt, pepper, and nutmeg. Let it cool. Mix in 2 eggs and refrigerate the mixture for approx. 1 hour.
4. For the dip, wash the lime, grate some zest, cut it in half and squeeze lime juice. Cut olives into small dices. Mix yoghurt with maple syrup, lime zest, lime juice and olives. Season with salt and pepper.

American Sweet Potato Marketing Institute

Contact: mk² gmbh, Oxfordstraße 24,
D-53111 Bonn, tel: +49 228/943 787 – 0,
email: info@mk-2.com

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5. Get three deep plates and fill one of them with flour, one with whisked eggs and one with breadcrumbs.

6. Wet your hands and carefully shape the sweet potato mixture into 16 croquettes. Dip the croquettes first in flour, then in the scrambled eggs and lastly in the breadcrumbs.

7. Heat the oil and deep-fry the croquettes separately until crispy and golden. Let them drain on a paper towel and serve with the lime-olive-yoghurt mixture.

Preparation time: approx. 1 hour

Cooling time: approx. 1 hour

Nutrition facts:

Energy: 790 kcal/ 3310kJ

Carbohydrates: 80 g

Protein: 30 g

Fat: 70 g

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