

Cooked Meat Croquettes

4 Servings

MEAT MIXTURE

1/4 c onions, chopped
1 Tsp oil
2 cup diced meat, ham, chicken or beef cooked
3 Tsp celery minced
1 Tsp green bell pepper minced
1 Tsp fresh parsley minced
1 tea spoon oregano dried
1 tsp paprika
or pinch cayenne pepper

2 tsp lemon juice
2 Tsp breadcrumbs

1 large egg

ROLLING MIXTURE

2 cups fresh bread crumbs

2 large eggs

Oil for frying

White Sauce

salt and black pepper to taste



Sauté onions in oil until light golden and translucent. Combine all ingredients except rolling mixture. Chill meat mixture. Beat the eggs from the rolling mixture and roll croquettes in egg and then breadcrumbs. Fry, turning so all sides brown. Serve with White Sauce Or make White Sauce into Cheese Sauce or Brown Sauce. (If you like your dumplings a little chewier, continue to cook 2 minutes after they rise to the surface.) Remove them with a slotted spoon and place in a buttered bowl. Repeat with remaining dough. In a large skillet melt the butter and toast the bread crumbs. Drop the cooked and drained dumplings into the buttered bread crumbs, coating well. Serve immediately.

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