

## Recipe

### Kroket with Chicken, olives, lemon and ginger

#### Ingredients for the salpicon:

200 gram chicken (confit, smoked or rare)  
10 to 15 gram fresh herbs, i.e.: mint or coriander  
45 gram olives  
100 gram onion  
3 cloves of garlic  
Fresh Ginger, 2 to 3 cm  
Splash of oil to fry  
Chicken stock, powder or cube  
1.9 gram agar-agar  
80 gram butter  
75 gram glutenfree flour  
A lemon or citron (preferably biological)  
Keep to hand: double cream and lupin flour  
Pepper and salt

#### Equipment:

Knife and chopping board, saucepan, large pan, mixing bowl, small bowls, measuring cup.

#### Method:

Together determine the flavour bouquet and which herbs to use. Wash where needed and finely chop. Put the herbs in the small bowls.

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Prepare the 350 ml stock. Bring water to the boil (in the electric kettle) and dissolve the powder or cube. It's ok if it's a bit on the strong side.

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What chicken do you have? Does it need to be boiled or backed? When the meat is done you can pluck and rub it into fine strands, either by hand or using two forks. Keep the fat, it adds flavour. Any bones and pieces of sinew do need to be removed, obviously. Put it in a mixing bowl.

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Peel the onion and garlic and chop as finely as you'd prefer in a kroket. Take a frying pan, add a splash of oil and gently fry it for a while. Put everything in the large mixing bowl.

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Cut the olives and add tot the mixing bowl.

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Season the mixture in the bowl to taste with pepper, salt. Add a bit of lemon zest, ginger rasp, the fresh herbs and other spices that might take your fancy. Please consider adding a bit of cinnamon!

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Measure the agar-agar. Put the stock in a small saucepan. Gradually pour in the agar-agar and divide evenly over the stock, making sure no big lumps form.

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Measure the butter and glutenfree flour and set aside.



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Now we're going to finish the salpicon in the pan, prepare in the following order:

Saucepan (with stock and agar-agar), butter, flour, rubber spatula, mixing bowl (with chicken, onion and herbs), jar of mustard, kitchen timer or mobile phone.

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Now we're going to finish the salpicon on the cooker.

Put two pans on the heat simultaneously:

The saucepan with:

Stock and agar-agar. This can go on high heat. The minute it comes to the boil, you lower the heat and let the mixture gently simmer for 2 minutes.

A large pan (or wok):

First we heat the butter/coconut oil on a low heat. Let the butter simmer gently to let most of the water evaporate.

Add the flour all at once and set the timer for 2 minutes. Make sure it's on a low heat. The flour needs to cook. Stir to prevent it burning.

If the time's up, you can add the stock from the saucepan IF this has cooked for its 2 minutes. Otherwise take it off the heat and continue later.

Make sure to add the entire contents of the saucepan. Use the rubber spatula.

Mix everything well and add all the other ingredients from the mixing bowl.

**What does the substance look like?** Is it too thick? Add some water or a splash of cream. Is it too thin? Add some lupin flour. Is oil floating on the salpicon? Add some cold water (or an ice cube) and mix well.

**Taste!** If needed, add some pepper, salt, lemon (juice) or other spices. To make it creamier you might add a splash of double cream. Take the pan off the heat.

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Pour the salpicon onto a plate. Let it steam for a bit. Then cover it with cling film and put it in the fridge for at least 10 minutes.

## **Shaping and breading**

### Shaping

Needed: Cling film, ice scoop.

Put a piece of cling film on the work top. Put 3 to 5 flat scoops next to each other in the middle of the cling film. Fold the cling film around once and shape it. Roll it up. Put it in the fridge or freezer for 10 to 15 minutes.

### Breading

Ingredients: Eggs and glutenfree breading

Take three plates or bowls. In the first one put fine breading, in the second put some lightly beaten egg (whites), in the third coarse breading.

Unwrap the packages. Perform a little reshaping, if needed. Roll them through all three plates. Put the kroketten in the fridge till you need them.