

Recipe
Kroket Classic Braised Beef

Ingredients for the **salpicon**:

200 gram braised beef
50 gram butter or margarine butter
50 gram wheat flour
2 eggs
15 gram parsley
100 gram unions
300 ml beef stock
Some oil or butter
2.5 gram agar-agar
Pepper and salt
Keep to hand: lupin flour and (double) cream



Equipment:

Large pan, small saucepan, heat-resistant measuring cup, mixing bowl, rubber spatula, timer, knife and board.

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Make 300 ml of stock with boiling water and a stock cube or powder.

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Peel the onions and chop them, as finely as you wish. Then shortly fry them gently in some oil or butter.

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Chop or pull the braised beef. Remove tendons but If possible leave some of the fat, for it gives a lot of flavour. Keep the meat in a mixing bowl.

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Finely slice the parsley and add to the mixing bowl.

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Split the eggs. You can put the whites in the fridge for now. Loosen the yolks a bit with a fork, we will need them shortly.

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Measure the butter and flour and set aside.

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Measure the agar-agar. Put the stock in a small saucepan. Add the agar-agar to the (cold) mixture in the saucepan. Make sure to add the agau-agar gradually and divide evenly over the stock, making sure no big lumps form.

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Season the meat in the mixture bowl. Add the onions and parsley. Taste and add salt and pepper, or other herbs and spices.

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Time to finish the salpicon on the stove:

Put two pans on the heat:

- Heat the ingredients in the sauce pan and bring to the boil.
- Melt the butter in the large pan.

As soon as the ingredients in the saucepan come to the boil, reduce the heat to low and set the timer for 2 minutes. Stir occasionally.

When the butter has melted, it has nearly stopped bubbling, but before it turns brown, you can add the flour. Set the timer for 2 minutes and stir to make sure it does not stick to the pan.

As soon as the timer goes, add the contents of the saucepan. Stir until it is smooth. Then add the ingredients of the mixing bowl and fresh herbs.

Check the substance. If it is very moist you can add some lupin flour. If it is very firm, you can add some water or cream.

Taste! Season with pepper and salt and any other spices you fancy. For the classic taste you can add ketchup, nutmeg, currypowder, mustard (-powder) or lavas.

Pour the salpicon onto a plate, cover it with cling film and put it in the fridge for at least 10 minutes. The salpicon is now done.

Shaping and breading

Shaping

Equipment: cling film, ice scoop.

Put a piece of cling film on the work top. Scoop 3 to 5 flat scoops next to each other in the middle of the cling film. Fold the cling film around them once and shape it. Roll it up. Put it in the fridge or freezer for 10 to 20 minutes.

Breading

Ingredients: eggs and breading.

Take three plates. In the first one put fine breading that's been sieved, in the second plate egg (white), lightly beaten, in the third one coarse breading, for example panko. Unwrap the packages from the freezer. Shape them again if necessary. Roll them across all plates and store them in the fridge till you need them.