

Recipe

Lamb mince and rocket kroket (roux-based)



Ingredients for the salpicon:

200 gram lamb mince
1 reasonably large onion
100 gram rocket
50 gram sunflower or pumpkin seeds
A splash of oil (or butter) to fry
2.7 gram agar-agar
200 ml stock (beef, lamb or vegetable)
75 gram butter
75 gram flour
Flavour bouquet might include: parsley, garlic, rosemary, cumin, caraway, pepper, lemon juice, pepper and salt
Keep to hand: lupin flour

Equipment:

Frying pan, medium pan, saucepan, mixing bowl, strainer or sieve, hand blender with large bowl or food processor, measuring cup, kitchen timer, knife, chopping board.

Method.

Together determine the flavour bouquet. Chop fresh herbs finely, if included.

Put some oil or butter in a pan and loosen the mincemeat. (This means to fry the mince while stirring till it's cooked. This should take about 10 minutes.) Strain the mince to allow surplus moisture to drain. Let it cool.

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Finely chop the onion (and the garlic?). To the size you would prefer in a kroket. Gently fry them in a pan with a splash of oil or some butter.

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Wash the rocket, if needed. Chop it finely, either by hand or in the food processor.

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Take some boiling water (from the electric kettle) and make the necessary 200 ml stock using powder (or a cube).

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Roughly chop the sunflower or pumpkin seeds.

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Take a look at the cold mince. Is it small enough for the kroket?

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Now put in a large mixing bowl: the mince, the onion (and garlic), the rocket, seeds and fresh herbs, mix and taste. Season to taste with pepper and salt or other additions.

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Measure or weigh the flour, butter and stock to the correct measurements, and set aside.

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Measure the agar-agar meticulously. Take the saucepan with stock and pour the agar-agar gradually and evenly in.

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We're now going to finish the salpicon on the cooker.

Put two pans on the heat simultaneously:

The saucepan with:

Stock and agar-agar.

Bring to the boil and let gently simmer for 2 minutes on a low heat.

A large pan:

- First heat the butter. On a low heat let it gently warm through.
- Add the flour all at once. Stir with the rubber spatula. Set the kitchen timer for 2 minutes. The flour needs to cook in the butter on a low heat. (KEEP STIRRING)
- If the stock has boiled for at least 2 minutes itself, it can be added.
- As soon as it's a nice mixture, the contents of the mixing bowl can be added bit by bit.

Does it have the desired thickness? You can add a little water to thin, or if it's too thin, you can carefully add a little lupin flour.

Taste! Season with lemon, pepper, salt or other spices.

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The salpicon is finished! Pour it onto a plate and spread it as wide as possible. 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. Stick something in between the last bits of foil. This makes it easier to remove later on.

Put it in the fridge or freezer for 10 to 20 minutes.

Breadding

Ingredients: Eggs and breadding

Take three deep plates. In the first one put fine breadding that's been sieved, in the second put some lightly beaten egg (whites), in the third coarse breadding.

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