

## Recipe

### Mushroom, parsley and garlic kroket roux-based



#### Ingredients for the salpicon:

30 gram dried mushrooms  
1 reasonably large onion  
3 generous cloves of garlic  
20 gram parsley  
75 gram butter  
75 gram wheat flour  
2.8 gram agar-agar  
vegetable or mushroom stock  
Oil (or butter) to fry  
lemon or lime

Keep to hand: lupin flour and double cream

#### Equipment:

Frying pan, medium pan, saucepan, large mixing bowl, small bowls, sieve, measuring cup, kitchen timer, knife and chopping board.

#### Method.

Add 300 ml lukewarm water (from the tap) to the 30 gram of dried mushrooms. Set a timer. They have to soak for (at least) 30 minutes.

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Prepare the garlic. Finely chop it. Put some oil/butter in a pan and gently fry the garlic for a short while. Put the garlic in the large mixing bowl.

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Finely chop the onion. To the size which you would prefer in a kroket. Heat some fat in a frying pan and gently fry the onion till lucent. Put the onion in the large mixing bowl.

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Meanwhile measure the exact amount of agar-agar.

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Check how the mushrooms are doing. If they have absorbed all the liquid, you need to add some more. You can also check to feel if they're nice and soft already.

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Finely chop the parsley and add to the large mixing bowl.

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Measure and get ready: butter and wheat flour.

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When the mushrooms have soaked for the minimum of 30 minutes, we can use them. TAKE NOTICE! We want to keep the liquid! Drain the mushrooms, but preserve the liquid. Dry

them using a clean tea towel or paper towels. Finely chop the mushrooms. Add some fat to a frying pan and fry the mushrooms on a high heat for 2 minutes at most. (Most mushrooms become chewy when you heat them for too long). Add them to the large mixing bowl.

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The mushroom liquid. Measure 250 ml of the liquid. Put this in a saucepan. Taste! Is it very bland? Add a bit of stock powder, salt and/or pepper. Also add, gradually and evenly, the measure of agar-agar.

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Season the mixture in the bowl. Add to taste pepper, salt, any other spices and lemon juice.

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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.

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)
- Once the stock has also boiled for 2 minutes, add it to the roux. Mix well.
- Add the ingredients from the mixing bowl.

What does the substance look like? If it's too thick, you can add a little cold water. If it's too thin, you can add a little lupin flour.

Taste! Season with lemon, pepper, salt or other spices. To make it a bit creamier, you can add a splash of cream at the last moment.

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The salpicon is finished! Pour it onto a plate and spread it as wide as possible. Let it steam for a bit. 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 it once and shape it. Roll it up. Put it in the fridge or freezer for 10 to 15 minutes.

Breading Ingredients: Eggs and 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.