

Recipe
Pesto kroket



Ingredients for the salpicon:

180 gram jackfruit, tofu, des or quorn
100 gram onion
Splash of oil to fry
Vegetable stock powder
2.0 gram agar-agar
80 gram butter/coconut oil
80 gram flour
Lemon or lemon juice
Pepper and salt
Keep to hand: lupin flour and double cream

Pesto:

30 gram fresh basil
1 clove of garlic
20 gram pumpkin seeds
50 gram cheese: Parmesan, Pecorino or a mixture of both

Preparation and cutting

Cut the jackfruit (or similar) into small pieces. Put some butter or oil in a pan and fry how you like it (crispy or not).

--

Make pesto. Peel the garlic. Wash the basil if needed. Put these together with the pumpkin seeds in a bowl suitable for a hand blender and blend. Gradually add the cheese. If the substance is very thick you can add a spoonful of water. Put the pesto in the large mixing bowl.

--

Onion: finely chop and gently fry in a pan. Put the onion in the large mixing bowl.

Make 300 ml vegetable stock: mix the proper amount of boiling water with vegetable stock powder or a cube. Pour the stock into a small saucepan.

--

Add the jackfruit (or similar) to the mixing bowl and season the mixture with salt and pepper, and lemon if needed.

--

Measure the agar-agar. Carefully add this to the saucepan, making sure to divide it evenly over the stock. Prevent any big lumps forming. Preferably stirring as little as possible.

--

Measure and prepare in following order:

80 gram butter

80 gram flour

The saucepan: mixture of stock and agar-agar.

The mixing bowl: tofu, onion and pesto

Additionally needed: Large pan, 2 rubber spatulas and a kitchen timer (or mobile phone).

--

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. 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 vegetable 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 and mix well.

Taste! If needed, add some pepper, salt, lemon or other spices. Other spices could include nutmeg or pimento. Take the pan off the heat.

--

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

Shaping and breading

Shaping Get ready: Cling film, ice scoop (and something to mark with).

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. If needed, you can put it back in the fridge or in the freezer for a short time.

Breading Needed: Eggs and breading

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

Remove the kroketjes from the plastic. Perform a little reshaping, if needed. Roll them through all three plates.

And there's your kroket! Put them in the fridge till you need them.