

Recipe

Chorizo & Sweet Potato 'kroket'



Ingredients for the salpicon:

200 grams sweet potato
10 to 15 grams fresh herbs (parsley, coriander, or chives)
175 grams chorizo sausage
100 grams onion (1 large piece)
half a beef stock cube or a spoonful of powder
30 grams oil
2 eggs
4 grams agar-agar
(White) pepper and salt.

Keep to hand: lupin flour, honey, lemon.

Equipment:

Frying pan, medium pan, saucepan, large mixing bowl, small bowls, sieve, measuring a heat-resistant measuring cup, a potato masher, electric chopper or foodprocessor, kitchen timer, knife and chopping board.

Method.

Decide together which fresh herbs you want to use. Clean if necessary and chop finely.

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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Make 200 ml (beef) broth with half a stockcube. Let cool.

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Peel the sweet potatoes and cut them into pieces of 1 to 2 cm. This way, they will cook nice and fast. Put them in a large pan and add water until they are just submerged.

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Take about 1/3 of the sausage. Cut this into very small cubes. Add them to the onion in the mixing bowl.

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Meanwhile measure the exact amount of agar-agar.

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Take the remaining 2/3 of the sausage. Chop it into coarse pieces. Blend in a food processor, together with the 30 grams of oil, into a nice paste.

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Separate the eggs. The egg whites can be placed in the refrigerator for a while. Loosen the yolks slightly with a fork. We will need the yolks later.

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Carefully weigh out the agar-agar. Pour the broth into a saucepan (not yet on the stove!). Gently sprinkle the agar-agar over it so that lumps do not form immediately.

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We are now going to finish the salpicon on the stovetop:

Place the pan with the sweet potatoes on the stove. We need to cook them until tender. That takes about 10 minutes. An important part of cooking is timing! As soon as it boils, set the timer for 5 minutes.

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After these five minutes, place the saucepan (with agar and broth) on another burner. Bring to a boil. Then time 2 minutes. The sweet potatoes are still cooking on low heat.

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Keep checking with a fork to see if the sweet potato is cooked through. As soon as that is the case, drain the sweet potato. Grab a potato masher and mash finely.

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Once the broth with agar-agar has boiled for 2 minutes, it can be added to the mashed sweet potatoes.

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Now all other ingredients can be added as well. The chorizo paste, the chorizo cubes, the onion, and the herbs.

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Finally, add the beaten egg yolks.

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What does the consistency look like? Is it too thick? Add some water. If the consistency is too thin, you can add some lupin flour.

Taste! Season to taste. Does it need anything else? Suggestions for flavor: nutmeg, allspice, honey or a little lemon juice.

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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. I needed put it in the fridge or freezer.

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. If not firm enough, 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.