

Recipe  
**Crayfish and Leek kroket**  
roux-based



**Ingredients for the salpicon:**

120 grams crayfish  
300 ml fish stock  
1 small can of lobster paste  
50 ml milk  
1 small leek stalk  
10 to 15 grams fresh herbs: parsley, chives, or dill  
50 grams butter  
50 grams (wheat) flour  
2.2 grams agar agar  
a splash of oil or some butter for frying  
Pepper, salt, and lemon (juice)  
Optional: cognac, honey.

Keep to hand: lupin flour and double cream

**Equipment:**

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

**Method.**

Decide the desired herbs together. Wash them, chop them finely, and place them in small bowls, sorted by type.

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Make 300 ml of broth from 1 stock cube, combined with a few teaspoons of lobster paste. It should be highly flavorful.

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Use the white part of the leek. Cut into small pieces and rinse clean if necessary.

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Put some oil or butter in a pan and cook the leek for a few minutes until tender. Optionally, deglaze with a splash of cognac.

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Weigh out the agar-agar.

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Cut the crayfish into slightly smaller pieces. They can be fairly coarse. Place the crayfish in a large bowl.

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See reverse

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Weighed out the butter and flour and have them ready.

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Now take the saucepan (not yet on the heat) with the broth, and slowly and evenly sprinkle the agar-agar over it. Also measure out the 50 ml of milk and add it.

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Take the mixing bowl. Add the leeks to the crayfish. Season to taste with salt, pepper, the fresh herbs, and any other herbs or spices.

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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:

Broth and agar-agar.

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

The large pan (or wok):

\*First, heat the butter over low heat. Let the butter simmer gently for a moment so that most of the water can evaporate.

\* Now add the flour all at once and set the timer to time for 2 minutes. Make sure the heat is low. The flour needs to cook. Stir to prevent burning.

\* When the time is up, the broth from the saucepan can be added, PROVIDED it has had its 2 minutes of cooking time. Otherwise, turn off the heat for a moment and continue later.

Ensure that the entire contents of the saucepan are used. Use the rubber spatula.

\* Mix everything well and now add all the other ingredients from the mixing bowl.

What does the consistency look like? Is it too thick? Add some cold water or a splash of cream. Is it too thin? Add some lupin flour. Is there oil floating on the salpicon? Add some cold water and mix well.

Taste! Add pepper, salt, mustard, lemon, or other herbs if desired. Another splash of cognac or perhaps some cream? Season the mixture to perfection.

Are you satisfied? Then remove the pan from the heat. The salpicon is finished! Pour it onto a plate. Spread it as widely and smoothly as possible. Let it cool down for a moment. If necessary, place it in the refrigerator or freezer for a short time, covered with foil.

## **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 necessary to set, 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.