

Broccoli croquettes

- **INGREDIENTS**

300g potatoes

200g broccoli

2 green shallots

40g vintage cheddar

1 egg yolk

¾ Cup plain flour

1 egg

1cup panko breadcrumbs

Vegetable oil, to deep-fry

METHOD

1. Peel and cut the potatoes into quarters then place in a saucepan of boiling water with a steamer on top, place the broccoli in the steamer and cook for 12-15 minutes or until tender. Drain. Put the broccoli on a chopping board and when cool enough, chop (not too small) Use a potato masher to mash potatoes until smooth. Transfer to a large bowl, cover then place in fridge.
2. Peel and chop the shallots. Heat a non-stick frying pan over medium heat. Cook the shallot for 3 minutes or until shallot is softened.
3. Grate the cheese, once the potato is cool add the cheese, shallot, broccoli, egg yolk and 1/4 cup of the flour to the potato. Season and mix to combine. Roll heaped tablespoons into croquette shapes and place on a lined baking tray. Place in fridge.
4. Meanwhile whisk the remaining egg in a shallow bowl. Place the breadcrumbs and remaining 1/2 cup flour on separate plates. Dip each croquette in flour, then in egg and then roll in the breadcrumbs. Return the crumbed croquettes to the lined tray cover and place in the fridge for 15 minutes.
5. Meanwhile, pour enough oil into a saucepan to reach a depth of 5cm and heat over medium-high heat. Cook the croquettes, in batches, for 3 minutes or until golden brown. Drain on paper towel. Serve the croquettes warm.

