Carrot & zucchini croquettes

Fresh from the garden: carrots, eggs, parsley, spring onions, zucchini
Recipe Source: Adapted from an original by Hallam Primary School, VIC

Croquettes are small shapes that are fried and served piping hot. The appeal comes from the contrast between a golden and crunchy coating and a soft and delicious filling. Fillings are usually savoury, whether meat, fish or vegetable (salted cod is a very popular croquette filling for a tapas in Spain). They are good served with fresh tomato sauce or a sauce Tartare, which is proper egg-based mayonnaise combined with plenty of herbs and pickled cucumber.

**Equipment:**
- baking tray
- bowls – 2 small, 2 medium, 1 large
- whisk
- measuring cups
- tea towel
- chopping board
- small vegetable knife
- vegetable peeler
- grater
- spoon or spatula
- frying pan
- kitchen paper

**Ingredients:**
- 3 eggs
- 3 large carrots
- 1.5 large zucchini
- 6 green spring onions
- 2 bunches of parsley
- 1/2 cup flour, plus extra to roll the croquettes in
- 1/2 cups breadcrumbs (fresh or dried)
- vegetable oil for shallow frying
- 2 tbsp virgin olive oil

**What to do:**
- Preheat the oven to 120°C and place the baking tray in to keep warm.
- Break the eggs into a medium bowl and whisk them lightly. Set aside.
- Dampen a tea towel and place it under the chopping board to keep it from slipping.
- Wash and dry the carrots, zucchini, spring onions and parsley. Cut away any tops and tails, roots and coarse stems.
- Peel the carrots.
- Grate the carrots and the zucchini.
- Chop the spring onions and the parsley finely.
- Combine carrots, zucchini, spring onions and parsley in the large bowl. Add the flour. Use a spoon or spatula to mix the ingredients well.
- Divide the mixture into twenty equal portions.
• Shape the portions with your hands – they could be a ball, cylinder or egg shape.
• Put the extra flour in a small bowl and set it on the bench next the bowl of whisked egg and another bowl of breadcrumbs.
• Toss the croquettes gently in the flour, dip them in the egg mixture and roll them in the breadcrumbs.
• Pour enough oil into the pan for a depth of about ½ cm. Heat the oil until quite hot.
• Shallow-fry the croquettes until they are golden brown. Cook them quickly so that they brown nicely without soaking up the oil and becoming soggy and greasy.
• As you cook the croquettes, drain them on plenty of kitchen paper and keep them warm in the oven on the baking tray until all the croquettes are fried.

* Note: A volunteer can check to make sure that there is one croquette, at least, per student.