

get sweet potatoes  
on asap



## Sweet Potato Croquettes

Season: All

Type: Starters

Difficulty: Intermediate

Serves: 30 tastes in classroom  
or 6-8 at home

Fresh from the garden: eggs, sweet potatoes

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

Croquettes are small 'cakes' or rolls of vegetables, meat or fish, shaped a little like a sausage and rolled in breadcrumbs before frying. They can't be too big or they won't cook through, but too small and they'll cook too much, too quickly. Croquettes are designed to be crunchy on the outside, and nice and soft on the inside. Try making them as large as will roll easily in your hand.

Once you've mastered this technique you'll be able to think of lots of ingredients and flavours you can use in croquettes.

### Equipment:

clean tea towel  
chopping board  
kitchen knife  
vegetable peeler  
steamer  
colander  
fork  
metric measuring cups and spoons  
3 small bowls  
large frying pan  
tongs  
kitchen paper  
plate

### Ingredients:

3 large sweet potatoes or 3 medium,  
peeled and chopped into 2 cm dice  
2 handfuls mixed herbs, chopped  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
2 tablespoons butter  
2 eggs  
1 tablespoon water  
1/2 cup Plain flour (Plain flour)  
3 cups breadcrumbs  
2 tablespoons vegetable oil

### What to do:

- Steam the sweet potato until it is tender, about 15 minutes.
- Drain in a colander, then pour the sweet potato back into the pot and mash it with a fork.
- In a large bowl, combine the mashed sweet potatoes, salt, pepper, butter and mixed herbs. Mix until all ingredients are thoroughly combined.
- Chill in the freezer for 20 minutes.
- Lightly beat the eggs in a small bowl, and add 1 tablespoon of water to the eggs
- Put the flour and breadcrumbs into separate small bowls.



*Sweet Potato Croquettes continued*

- Once the mixture is cold, use a  $\frac{1}{4}$  cup measure to shape the mixture into small croquettes with your clean hands. Make sure you make enough croquettes for every diner to have at least one.
- Dip the croquettes into the flour, then into the egg, then back into the breadcrumbs.
- Heat the oil in a large, shallow pan.
- Carefully shallow-fry the croquettes in the hot oil until they are golden and crisp on the outside – it should only take a few minutes.
- Make sure they are not too crowded in the frying pan, and cook them in batches if necessary.
- Remove from oil and drain on several layers of kitchen paper before serving.

