

Crab & Nduja Croquetas, Lobster Aioli, Parsnip Crisps



Ingredients

Crab & Nduja Croquetas

This recipe is for a batch of Croquetas (20)

- 70g Butter
- 1 Shallot – Finely Diced
- 70g Plain Flour (plus 100g for Pane mix)
- ½ Tsp Sweet Smoked Paprika
- 400 ml Whole Milk
- 15g Mixed Herbs – Chives/Parsley/Chervil
- 200g White Crab Meat
- 120g Nduja

Pane

- 100g Plain Flour
- 2 Whole Eggs (whisked)
- 200g Panko Breadcrumbs

Parsnip Crisps

- 1 Parsnip
- 20g Mild Curry Powder

Aioli

This recipe will make enough for 10 portions

- 1 Garlic Clove
- 2 Egg Yolks
- 1 Tsp Dijon Mustard
- 1 Tsp Lobster Glace
- 385 ml Cold Pressed Rapeseed Oil
- 1 Lemon (juice only)
- Salt & Pepper

To Serve

- 2 Croquetas
- Aioli
- Mixed Micro Herbs
- Parsnip Crisps
- Curry Powder to dust



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Methods

Crab & Nduja Croquetas

1. In a saucepan melt the butter and cook the shallots until soft.
2. Add the plain flour and cook out for 5-6 minutes.
3. Then add the milk and continue to cook out until the mix becomes very thick.
4. Add the smoked paprika, chopped herbs, crab meat and nuduja – Mix thoroughly to incorporate all the ingredients.
5. Transfer the mix to a baking tray and cover with cling film and allow to cool completely.
6. Once cool divide the mixture equally into even size balls and coat with the flour, egg and breadcrumb.
7. Chill for 10-15 minutes then deep fry for 4-5 minutes until golden.

Pane

1. Place all ingredients into separate trays and coat the croquettes first with flour, egg then panko crumb.
2. Deep fry until golden. 180 c

Aioli

1. Place the garlic into a pestle & mortar and crush.
2. Add the egg yolks and mix together with the Dijon mustard and lobster glace.
3. Drizzle in the oil and finish with fresh lemon juice, salt & pepper to taste.
4. Cover and place into fridge until required.

Parsnip Crisps

1. Wash, peel and shave the parsnip lengthways.
2. Deep fry in hot oil until crispy then dust with curry powder and set to one side.