

Croquetas/Croquettes

Ingredients:

- 250g of ham
- 3 spoonfuls of flour
- 3/4 litre of milk
- 2 eggs
- bread crumbs
- 1 coffee spoon of butter
- oil

Preparation:

Put the butter in a frying-pan and let it melt. Add ham (cut it in very small pieces); then add flour and milk to make a thick béchamel sauce. When it's cold, cut it in small pieces and roll it up in flour, egg and bread crumbs. Fry them in hot oil and sieve them warm. I♥croquettes!!!

Cristina Sánchez De Blas.

