

Whole Wheat Croquettes



PT MANUNGGA PERKASA

DOUGH INGREDIENTS:

• WHOLE WHEAT flour	250 gr
• Liquid milk	250 gr
• Margarine	250 gr
• Chicken (cooked and diced)	250 gr
• Chicken broth	250 gr
• Egg yolks	3 pcs
• Grated cheese	50 gr
• Onion	1 pce

SEASONING:

• Salt	5 gr
• Sugar	5 gr
• Seasoning (umami)	5 gr
• Ground pepper	3 gr
• Ground nutmeg	2 gr

COATING:

• Egg whites	3 pcs
• Bread crumbs	as needed



HOW TO MAKE:

1. Prepare all the ingredients.
2. Soak the whole wheat in milk for about one hour.
3. Melt the margarine over low heat, add the finely chopped onion and sauté until softened. Then add the cooked and diced chicken, followed by the milk. Stir until evenly mixed.
4. Add the chicken broth, grated cheese, and seasoning. Stir until all the ingredients are well combined. Taste and adjust seasoning if needed.
5. Add the soaked whole wheat and mix until smooth and firm. Turn off the heat.
6. Once the dough is warm, add the egg yolks and mix until well incorporated.
7. When the dough is evenly mixed and cooled, shape it into small balls, weighing each as desired.
8. Dip the shaped dough into the egg whites, then coat with bread crumbs. Dip again into the egg whites and coat a second time with bread crumbs (double coating).
9. Place the breaded croquettes into the refrigerator to ensure the breadcrumbs stay intact while frying.
10. Fry in medium heat until golden brown and crispy.

Yields 44 pieces.

Cita Rasa Pangan Berkualitas