

# Asparagus croquettes

Serves 4

## Ingredients

### *Filling*

- 20 asparagus spears
- 1 litre of chicken broth
- 500 ml of cream
- 0.5 a glass of dry white wine
- Nutmeg to taste
- 1 bunch of chopped parsley
- Salt and pepper
- White roux to thicken

### *Crust*

- Flour
- 8 whole eggs
- bread crumbs

## Method

### *Filling*

Cook the asparagus peels in the broth for 20 minutes. Next, cook the asparagus spears after sieving the peels out of the broth. Cut the spears into ± 1 cm pieces. Add the white wine and the cream to the broth and allow to boil once more. Add the asparagus pieces, nutmeg, parsley, pepper and salt to the broth. Allow to boil and thicken the sauce with the white roux.

Allow the entire dish to rest for a night in the 'frigo'.

### *Bread crumbing*

The following day, portion out the mixture into the desired number of croquettes. Beat the eggs in a separate bowl. Dredge each croquette through the flour, then the egg mixture, then the bread crumbs. Freeze the croquettes or fry them straight away.

### *Frying*

This is done in two steps: pre-frying - allowing the croquettes to rest - then browning them to a nice golden colour.

## Serving

Serve with parsley mayonnaise and a slice of lemon.

Enjoy your chic meal.

*l'équipe Sjiek*

## Café Sjiek

Fondé en 1982

[www.cafesjiek.nl](http://www.cafesjiek.nl) / [info@cafesjiek.nl](mailto:info@cafesjiek.nl) / [@cafesjiek](https://www.instagram.com/cafesjiek)