

Caesar salad croquettes with garlic-parsley 'dressing'

INGREDIENTS (8 Servings)

Béchamel mixture - croquettes (16 croquettes)

- Milk 0.5l
- Butter 0.060kg
- Flour (1) 0.080kg (2) 0.050kg
- Romaine lettuce 0.200kg
- Eggs (1)12 pcs (2) 2 pcs
- Anchovies 0.016kg (4 pieces)
- Grated Parmesan 0.034kg
- Salt and Pepper Seasoning
- Mustard 0.038kg
- Bread Crumbs 0.120kg

Dressing

- Garlic 8 cloves
- Parsley 0.035kg
- Lime Juice Season to taste
- Spinach leaves 0.200kg
- Olive Oil 0.060l
- Sugar 1 pinch
- Salt and pepper Seasoning

Garnish

- Bacon 8 slices
- Parmesan Cheese shavings
- Small Romaine Lettuce Leaves 0.050kg

Pre Preparation:

- Boil the eggs (1) for 10 minutes in boiling water. After shock them in ice water and peel. Separate the Egg yolk from the Egg white and pass the Egg yolks through a sifter
- Chop the Anchovies and grate the Parmesan for the croquettes
- Wash and cut the Romaine lettuce in chiffonade and put salad leaves in ice water for the garnish
- Make a roux with the butter and flour (1), stirring all the time, and gradually add the Milk until a thick béchamel is achieved. Take off the heat. Add the Parmesan, anchovies, egg yolks and the salad chiffonade, stir to combine and season with salt and pepper. Transfer the mix to a tray, cover with cling film and place in the fridge until set and firm.
- Preheat oven to 120 °C and heat up frying oil to 170°C
- Peel the Garlic and put the cloves in a pot and cover with cold water. Bring water to a boil. Once water boils, strain garlic and add it back to the pot. Cover with cold water, and repeat previous steps for a total of three times.

Preparation:

- Lay bacon strips in a single layer on the baking sheet and place between two trays to ensure flat slices and put in the preheated oven, about 30 minutes
- Bring a large pan of lightly salted water to the boil and blanch spinach for 2 minutes. Drain well and squeeze out any excess water. Put the spinach, blanched

garlic cloves and the other ingredients for the dressing in a blender and blitz until smooth, season to taste.

- When the Béchamel-mixture is set, divide into 16 balls. Prepare three bowls for crumbing: one with flour (2), one with egg wash (2) and one with breadcrumbs. Roll the croquettes through each bowl, ensuring that the croquettes are completely covered in the breadcrumbs.
- Deep fry the croquettes until golden brown

Finish:

- Arrange the dressing on the plate, top it with croquettes and put the bacon slice on it. Garnish with Parmesan shavings and salad leaves.

