

Potato Croquette

ポテトコロッケ

● Ingredients (about 8 pieces)

2 large Potatoes

1 Onion

¼ cup Flour

1 Egg

¾ cup Bread Crumbs

Salt and Pepper (for seasoning)

Water (for boiling potatoes)

Vegetables Oil (for cooking onion and frying croquettes)

● Prepare



Cut 2 large peeled potatoes into small pieces. Transfer the potatoes to a deep pan and pour enough water to cover it. Boil until the potatoes get tender. About 10 minutes after the water boils.



Mince a peeled onion. Heat 1 Tbsp. of vegetable oil in a pan and cook the onion for 15 minutes over low heat. Halfway through, season with $\frac{1}{8}$ tsp. of salt and $\frac{1}{8}$ tsp. of pepper. Let it cool on the range.

● Mixture



Mash the boiled potatoes in a bowl.

Add the sautéed onion, $\frac{3}{4}$ tsp. of salt and $\frac{1}{4}$ tsp. of pepper.

Mix well.

● Dredge



Put $\frac{1}{4}$ cup of flour, 1 beaten egg and $\frac{3}{4}$ cup of bread crumbs in each plate.

Make palm size potato patties with your hands.



At first flour the patties.

Then dip in the beaten egg.

Then press in the bread crumbs.

Repeat with the remaining mixture.



To store, put the dredged patties in plastic zipper bags and keep in the freezer. Use within about 3 weeks.

● Fry



Drop a small solid bit of some bread crumbs into the oil to check that the oil is hot enough. If the bread crumbs float with bubbles, the oil is ready.

To be safe, you have to choose a deep pan which has at least 2 times the height of the amount of oil used.

Pour about 3 inches of vegetable oil into a skillet and heat the oil over medium heat.



Add 2 or 3 patties to the oil at a time. Fry over medium-low heat for 2~3 minutes. Flip halfway.

Drain on a metal rack. *(This makes the croquette texture crunchy.)*