

Spanish

Appetizers & Snacks

Velvety Spanish

Ibérico Ham

Croquettes

⌚ Prep: 35m

🔥 Cook: 25m

❄️ Rest: 4h

Σ Total: 300m

🍽️ 6 servings



Video ref: Julia y sus recetas

MISE EN PLACE / INGREDIENTS

[10]

- ☐ 150 g (5 oz) Spanish cured Ibérico or Serrano ham, finely minced (Fermin)
- ☐ 6 tbsp (80g) Unsalted butter (Kerrygold)
- ☐ 1 cup (120g) All-purpose flour (for roux and dredging)
- ☐ 3.5 cups (800ml) Hot whole milk
- ☐ 0.25 tsp Freshly grated nutmeg
- ☐ 0.5 tsp Fine sea or kosher salt
- ☐ 0.25 tsp Freshly ground black pepper
- ☐ 2 whole Large eggs, beaten (for breading)
- ☐ 1.5 cups Fine breadcrumbs (pan rallado)
- ☐ 3 cups Neutral frying oil or mild olive oil

🛒 US SUPERMARKET BRAND GUIDE

Spanish Ham: Fermin Jamón Serrano or Ibérico
Cured fat melts into the béchamel creating deep authentic flavor. • 📍 Specialty deli section.

COOKING SEQUENCE & CHECKPOINTS

- 1

Sauté Ham & Cook Roux

⌚ 6 min

Sizzle finely minced Ibérico ham in melted butter for 2 minutes. Stir in 3/4 cup flour and cook 4 minutes over medium heat.
✓ Checkpoint: Golden fragrant roux.
- 2

Build Velvety Béchamel

⌚ 14 min

Slowly pour in hot whole milk while whisking constantly. Season with freshly grated nutmeg, black pepper, and a pinch of salt; simmer 12–14 minutes until the glossy dough pulls away cleanly from the pan sides.
✓ Checkpoint: Glossy dough pulling cleanly from pan.
- 3

Chill 4 Hours and Bread

⌚ 35 min

Transfer béchamel to a shallow tray, press plastic wrap directly onto the surface, and chill 4 hours (240 minutes restTime). Shape cold dough into oval logs and dredge in remaining flour, beaten eggs, and fine breadcrumbs.
✓ Checkpoint: Neatly breaded firm oval croquettes.
- 4

Flash Fry

⌚ 5 min

Deep-fry in batches in 360°F (182°C) oil for 2 minutes until deep golden crisp and ≥165°F (74°C) inside.
✓ Checkpoint: Crispy exterior with molten center.

🛡️ **FOOD SAFETY & INTERNAL TEMPERATURE: ≥165°F (74°C) SAFE INTERNAL COOKING AND SERVING TEMPERATURE (HOLD HOT AT ≥140°F / 60°C)**
USDA/FDA Food Safety Standard: Cook to a minimum internal temperature of 165°F (74°C) for microbiological safety. Hold cooked food hot at ≥140°F (60°C) prior to serving and refrigerate any leftovers to ≤40°F (4°C) within 2 hours to prevent bacterial spore growth.

👁️ **MASTER DONENESS CHECKPOINT:**
Crispy thin crust that shatters to release an ultra-creamy, molten béchamel interior.

🔍 **WHY IT WORKS:**
Toasting the Roux: Sizzling the cured ham for 2 minutes and toasting the flour in butter for 4 minutes (6 minutes total in Step 1) eliminates raw starch taste before adding hot milk.

⚠️ **TROUBLESHOOTING:**
Lumpy sauce: Add steaming hot milk gradually while whisking vigorously.