



These croquettes are a fabulous way to use your cauliflower. Simple to make, they work great as an accompaniment to a chicken or salmon dish.

Califlower Croquettes

Ingredients

1 cup roughly chopped leek	1/2 cup ground parmesan or kefalotiri cheese
2 eggs	1/4 tsp ground mustard
1 cup breadcrumbs	Salt and lemon pepper* to taste
2 tbsp parsley	Flour for dusting
1 cauliflower head	Olive oil for frying
1/2 cup grated cheddar cheese	

Instructions

Steam cauliflower until tender (do not boil as it adds too much moisture). Once tender, mash. Mix together chopped leeks, mashed cauliflower, eggs, breadcrumbs, parsley, cheeses and seasonings. Shape mixture into 2" logs and place on a wax paper covered tray (place additional sheets of wax paper between layers). Once you have finished making logs, place into the freezer for 10-15 minutes.

Prepare flour for dusting by seasoning with additional salt and lemon pepper. Heat oil for frying. Remove croquettes from the freezer and dust with flour. Fry with medium heat until golden brown, approximately 3-5 minutes per side.

Serve warm. Makes 18 croquettes.

* If you don't have lemon pepper, use regular pepper and add 1 tsp lemon rind to the mix.