

Less than 45 minutes

Serves 4-6 as a snack

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Ingredients:

- ⅓ cup (80ml) butter
- ⅓ cup (80ml) flour
- 1½ cups (375ml) milk
- Salt and milled pepper
- 1 tsp (5ml) Dijon mustard
- 200g smoked or steamed salmon, flaked
- 1 Tbsp (15ml) capers, finely chopped (optional)
- Handful fennel fronds + extra for serving
- Flour, for dusting
- 1 egg, whisked
- 1 cup (250g) breadcrumbs
- Oil, for deep-frying
- Lemon wedges, for serving

Method:

1. Melt butter in a pan until bubbling.
2. Add flour and stir to combine. Cook for a minute.
3. Gradually add milk, whisking to avoid lumps.
4. Season and boil for a minute, stirring, until thickened.
5. Remove from heat and stir in mustard, salmon, capers and fennel.
6. Pour onto a plate and cover with clingfilm.
7. Chill in fridge until firm.
8. Grease your hands with a little oil and roll mixture into 8cm sausage shapes.
9. Dust with flour, then dip in egg, and finally breadcrumbs.
10. Freeze for 10 minutes to firm up.
11. Heat oil in a pot for deep-frying.

12. Fry croquettes, in batches, for 3-4 minutes or until golden.
13. Remove and drain on kitchen paper.
14. Garnish with extra fennel and serve with lemon wedges.