

CROQUETTES

INGREDIENTS:

OVEN TEMP. 350 DEGREES

MAKES ABOUT 8 CROQUETTES

2 CUPS COOKED CHOPPED CHICKEN/TURKEY
3 TABLESPOON BUTTER
1/3 CUP FLOUR
1/2 CUP MILK
2 TABLESPOONS CHOPPED ONIONS (PUREE)
2 TABLESPOONS CHOPPED CELERY (PUREE)
1 TABLESPOON PARSLEY
1 TO 2 TEASPOONS LEMON JUICE
1/4 TEASPOON SALT
DASH PAPRIKA
DASH PEPPER
3/4 CUP BREAD CRUMBS
2 TABLESPOONS WATER
1 EGG BEATEN

MELT THREE TABLESPOONS BUTTER, ADD ONION AND CELERY (COOK IF NOT PUREE), BLEND IN FLOUR AND ADD MILK. COOK AND STIR OVER MEDIUM HEAT UNTIL VERY THICK AND SMOOTH. REMOVE FROM HEAT. ADD PARSLEY, LEMON JUICE, AND SEASONINGS. STIR IN CHICKEN/TURKEY. SHAPE INTO CROQUETTES, AND ROLL IN CRUMBS. COMBINE EGG WITH WATER. DIP CROQUETTES IN EGG MIXTURE AND ROLL IN CRUMBS AGAIN. BAKE IN OVEN AT 350 FOR 20-25 MINS. YOU CAN DEEP FRY A FEW AT A TIME IN PREHEATED OIL UNTIL BROWN AND HOT (ABOUT THREE MINUTES).

SAUCE:

1 CAN CONDENSED CREAM OF CHICKEN SOUP
2/3 CUP MILK
1/8 TABLESPOON POULTRY SEASONING

COMBINE SOUP, MILK AND POULTRY SEASONING IN A SMALL SAUCEPAN. HEAT OVER LOW, STIRRING OCCASIONALLY (COOK TO TASTE). SERVE SAUCE OVER CROQUETTES.

By: Lynn A. Orbin