



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

Chicken Croquette

Tavuk Krokot



2 chicken breasts
1 cup mushrooms
1 egg
1 tsp crushed red pepper
1 cup crumbs
1 cup oil, for frying

For Sauce;
2 tbsp flour
2 tbsp butter
1 cup milk
1/2 tsp black pepper
1/2 tsp salt

- # Boil the chicken breasts, cool them, and blend.
- # Blend the mushrooms also.
- # Put the mixture of milk, flour and butter in a pan and cook over medium heat, cool it down.
- # Sauté the sauce, chicken, mushrooms and spices all together for a while, cool it down.
- # Pick walnut sized pieces from the mixture and shape them.
- # Cover the croquettes with flour at first, then dip into egg, and finally cover with crumbs.
- # Fry with hot oil and serve.

Note: You can cook croquettes with turkey also.