



Food For Thought Recipe and Allergen Card Colcannon Potato Croquettes

50 Portions

Ingredient	Hannah Product Code	Quantity
Potatoes – Peeled and 1/4	C003051	6kg
Savoy Cabbage – thinly sliced	C003044	1 Head
Salt and Pepper		
Bechamel Sauce	As per FFT Recipe	500ml
Panko Breadcrumbs	D006710	2kg
Eggs (Beaten)	C000350	12
Plain flour	D200205	1kg

RECIPE METHOD – ALLERGENS

1. Steam or boil the peeled quartered potatoes in seasoned water until just tender and mash – season with salt and pepper
2. Steam or boil the sliced savoy cabbage for 10 minutes until tender but not over cooked
3. Allow both cooked vegetables to cool
4. Prepare the béchamel sauce as per the FFT recipe and allow to cool
5. Mix the potato with the cabbage
6. Stir in the béchamel sauce (this must be cold)
7. Allow the mix to cool in the fridge
8. Prepare the mix into equal sized pieces (sausage shaped)
9. Coat the croquettes in flour and remove excess
10. Coat in beaten egg
11. Roll in breadcrumbs
12. Chill in the fridge for 30 minutes
13. Deep fry croquettes for 3 minutes or until golden brown and piping hot
14. Serve immediately

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...