



BLACK PUDDING CROQUETAS

Prep: 45mins – Cooling: 2h-overnight, Cooking/Frying: 30mins – Makes about 16 – A little effort

2 Luxembourgish Träip sausage or 300g black pudding
1 small leek
2 tbsp olive oil
80g unsalted butter
80g plain flour
500ml milk, hot
3 tbsp parsley, chopped
a pinch of nutmeg
salt and pepper
4 eggs
180g panko breadcrumbs
olive oil, to fry

For the aioli:

1 egg yolk
1 tsp mustard
50ml extra virgin olive oil
50ml sunflower oil
1-2 garlic cloves
1 ½ tsp lemon juice
salt and pepper

1. Cut a slit alongside the length of the Träip or black pudding and remove the skin. Cut into small chunks, put into a bowl and roughly mash with a fork.
2. Trim the leek and finely chop into very small dice.
3. Heat the olive oil and butter in a large frying pan. Fry the leek for 2 minutes until it's starting to soften, add the mashed Träip or black pudding and fry for another 2 minutes.
4. Turn the heat down and stir in the flour. Cook gently for 2 minutes, stirring regularly.
5. Gradually stir in the hot milk, whisking well after each time, until you have a smooth paste. Cook for another 2 minutes, stirring regularly. You want the consistency to be smooth.
6. Take off the heat, season with nutmeg, salt and pepper. Stir through the parsley and pour into a little baking tray (approx. 24 x 18cm). Leave to cool for 5 minutes, then cover the surface of the béchamel sauce with cling film, so that it doesn't form a skin. Refrigerate for at least 2 hours or overnight.

7. Meanwhile, prepare the aioli. Put the egg yolk and mustard into a bowl and beat with an electric whisk. Slowly add the olive oil in a thin, steady stream while beating vigorously. Then slowly add the sunflower oil the same way. Peel and crush the garlic and add with the lemon juice to the aioli. Season with salt and pepper, cover with cling film and keep in the fridge until needed.
8. Put the eggs into one bowl and beat. Put the breadcrumbs into another bowl. Cut the firmed béchamel into 16 rectangles (roughly 3cm high and 6cm wide).
9. Dip each béchamel rectangle into the beaten egg, then roll in the breadcrumbs until well coated. Dip into the egg and breadcrumbs again and put on a plate. Repeat with the remaining croquetas.
10. Pour enough olive oil into a frying pan to cover the base. Heat until a breadcrumb sizzles when thrown in. Fry the croquetas in batches for about 5 minutes, turning regularly, until golden on all sides.
11. Serve immediately with aioli on the side.

TIP: You can freeze the finished croquetas. Just defrost them on the day and reheat them in a 180°C oven until crisp on the outside and gooey on the inside.

