

Curried Squash Croquettes

(Yield: Around 17 golf ball sized croquettes)

Ingredients:

- 1 Tbsp vegetable oil for frying
- 1 Tbsp garlic, minced
- 1/4 piece squash, chopped
- 1/4 kilo chicken breast, cooked and shredded
- 2 Tbsp unsalted butter, softened
- 2 tsp curry powder
- 1 1/2 tsp turmeric (optional)
- 1 Tbsp spring onions, chopped
- 1 Tbsp parsley, chopped (optional)
- 2 tsp salt (season to taste)
- 3 tsp black pepper (season to taste)
- 1 cup all-purpose flour, divided into two
- 1 cup dried breadcrumbs, divided into two
- 1 pc egg, beaten
- 1/3 cup vegetable oil for frying
- sweetened tomato/ spaghetti sauce (optional)

Procedure:

Heat the vegetable oil in a large pan and cook the garlic until it turns light brown. Set aside on a small plate.

Boil water in a medium sized pot and cook the squash cubes until it becomes fork-tender. Drain the squash cubes thoroughly, let it dry and transfer it into a large bowl.

Mash the squash cubes making sure that there are no solid lumps left (you are after a creamy consistency similar to mashed potatoes, so that it will be easy to mix the other ingredients).

Combine the chicken meat, garlic, butter, curry powder, turmeric,

spring onions, parsley, salt, pepper, half of the breadcrumbs and flour with the squash, and mix until the ingredients are evenly distributed.

Take around 2/3 tablespoon of the mixture, and with your hands (please make sure your hands are clean!), shape it into balls and set aside on a plate.

Roll the balls into the remaining flour, dip into the beaten egg, and coat with the remaining breadcrumbs.

Heat the 1/3 cup of oil in the pan used for frying the garlic and cook the squash balls until golden brown all over. Transfer to a plate.

Garnish the croquettes with parsley and any remaining spring onions, or combine with simmered sweetened tomato or spaghetti sauce. Serve immediately with hot rice.

A few notes on the recipe:

You can adjust the flour and breadcrumbs used for the croquette mixture, using less if you want it to have a smoother, velvety texture, or more if you want it thick. If you want the croquettes made healthier, feel free to fry it in olive oil, replace the butter with non-fat yogurt, and use egg whites instead of the whole beaten egg. Alternatives to squash could be carrots, broccoli or cauliflower. You can also add sugar or cheese to the squash mixture if you find it too bitter (this really helps especially with children below 10 years old who aren't fans of curried food!)

To save on costs, ingredients already come in "budget versions" readily available in all leading grocery stores. The amount of meat and vegetables can also be bought tingi-tingi or in small quantities in wet markets so you can purchase only what you need.

