

Chicken Croquettes

Enhanced Color, Texture, and Flavor



INGREDIENTS	CONTROL (g)	ENHANCED (g)
Chicken meat (breast or thigh)	335	335
Water	60	60
Flour	40	30
Egg	25	25
Corn starch	16	16
Whole-Lyfe™ 985 A	0	10
Salt	3.5	3.5
Onion powder	1.8	1.8
Paprika	1.2	1.2
Baking powder	0.7	0.7
Garlic powder	1	1
White pepper, ground	0.8	0.8
Total	485	485

PREPARATION

1. Grind the chicken meat in an appropriate processor.
2. Mix the chicken with salt and pepper.
3. Form patties of about 15 g each.
4. Weigh the flour with the other dry ingredients in a bowl, reserve.
5. In another bowl, mix the egg and water.
6. Coat each patty with the flour mix.
7. Dip the patties in the egg wash and then again in the flour mix.
8. Fry croquettes for approximately 2 minutes at 375°F or until golden.

YIELD: 20 croquettes of 15 g