

Smoked Chicken & Herb Croquettes on Chargrilled Aubergine & Tomato Dressing



- 1 ltr chicken stock
- 150g butter
- 200g plain flour
- 1 whole smoked chicken (1kg)
- 2 pinches cayenne pepper
- salt
- 2 dessert spoons chopped herbs
- extra flour for coating
- 3 eggs whisked
- 200g dried breadcrumbs
- 3 aubergine sliced lengthways



- 1 Melt butter in a pan, add flour and mix together. Slowly add the stock to create a smooth paste. Keep adding a little at a time.
- 2 When you have added all the stock slowly bring to the boil and cook for 10 - 15 minutes on a low heat.
- 3 Remove and cool. Add herbs and cayenne. Remove all the meat from the chicken carcass and dice up small. Add to the mixture and chill for 3 - 4 hours.
- 4 When chilled roll up into a sausage about 2cm thick and cut into 5cm sections. Coat each one into flour then egg and finally breadcrumbs. Repeat the egg and breadcrumbs again to give in a thicker coating then chill for 1 hour.
- 5 Heat up oil in a fryer to 180 oc and cook until golden brown. Heat up chargrill pan and cook aubergine for 4 - 5 minutes on either side.

Remove and season

