



**MODULE IT - PREPARATION SHEET FOR RECIPES**

**APRO FORMAZIONE – FDM ECOLE HOTELIERE CANNES – NOORDEPOORT - SEDU**

**Servings: 10**

**Recipe Name:** Traditional Dutch shrimps croquettes



INGREDIENTS		UNIT OF MEASURE	QUANTITY	PROCESSING STAGES
<b>BITTERBALLS/CROQUETTE</b>				<p><b>BITTERBALLS/CROQUETTE</b></p> <ul style="list-style-type: none"> <li>Put the flour, protein and breadcrumbs in their own tray.</li> <li>Make balls of 30 grams</li> <li>As a first, pass your product through the flower and gently knock it off.</li> <li>Then you get your product through the egg-white.</li> <li>And then you get your product through the breadcrumbs.</li> <li>Then you take your product through the egg-white again.</li> <li>And finally, you'll pass your product through the breadcrumbs again.</li> <li>Deep frying in oil of 180 degrees Celsius</li> </ul> <p><b>BROTH OF GREY SHRIMPS (it could be prepared in advance by teachers)</b></p> <ul style="list-style-type: none"> <li>Set up large pan (capacity at least 5 liters) with the olive oil</li> <li>Chop and add shallot and garlic to the oil</li> <li>Turn on slowly without colors.</li> <li>Meanwhile, cut the leek and the carrot into small pieces and wash</li> <li>Add to the shallot and garlic. 2 min. braggig</li> <li>Heat up slightly and add the peels of the grey shrimps and the tyme</li> <li>Add tomato purée regularly after 5 minutes of blending.</li> <li>Heat for 1 minute</li> <li>Extinguish with the cognac and flamb bears</li> <li>Let it boil slowly for 3 minutes</li> <li>Add fish stock and the bay leaves</li> <li>Slowly boil for 30 minutes</li> </ul>
Flour	Gr.	200		
Breadcrumbs	Gr.	300		
Egg white	Gr.	300		
Salpicon	Gr	900		
<b>BROTH OF GREY SHRIMPS</b>				
Olive oil	Splash	1		
Shallot	Pieces	2		
Leek	Piece	1		
Carrot	Piece	1		
Garlic	Cloves	2		
Tyme	Twigs	4		
Bay leave	Leaves	4		
Peels of grey shrimp	Kg.	1		
Tomato purée	Gr.	140		
Cognac	DI.	1		
Fish stock	L	2		
Cooking cream	L	0.5		
<b>SALPICON</b>				
Butter	gram	110		
Onion	piece	1/2		
Flour	gram	130		
Bisque	deciliter	7		
Gelatine	leaves	4		
Grey Shrimps	gram	150		
White breadcrumbs (for the breading )	gram	300		
Egg white (for the breading)	gram	300		
Flour (for the breading)	gram	200		





<p><b>Preparation time:</b> Bitterballs 1h Broth 1h Salpicon 1h Garnishes 30min</p>	<ul style="list-style-type: none"><li>• Cooking Knife</li><li>• Skimmer</li><li>• Sieve</li><li>• Cooking pan</li><li>• Scoop</li><li>• Cutting board</li><li>• Cooking knife</li><li>• 3 boxes for the breading</li><li>• Peeler</li><li>• Cuttingbord</li><li>• Small knife</li><li>• Whisk</li><li>• Bowl</li></ul>
<p><b>Recommended individual quantity: n.a.</b></p>	<p><b>Variations: n.a.</b></p>