



SPAIN

APPETIZER

PRINTABLE RECIPE PDF

Spanish Croquetas de Jamón

Croquetas de Jamón are a beloved Spanish tapa, originating from Andalusia, where they reflect the region's rich culinary heritage. Traditionally made with leftover

PREP

30 min

COOK

30 min

SERVINGS

4

DIFFICULTY

Medium

SHOPPING LIST

Ingredients

- 150 g Spanish cured ham (Jamón Serrano) - finely chopped
- 50 g unsalted butter
- 50 g all-purpose flour
- 500 ml whole milk - warm
- 1 teaspoon nutmeg - freshly grated
- 1 pinch salt
- 2 large eggs - beaten
- 150 g bread crumbs - for coating
- oil for frying olive oil or vegetable oil

WHY THIS WORKS

About this recipe

A printable Spanish Croquetas de Jamón recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

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ORIGIN & TRADITION

Mediterranean context

Croquetas de Jamón are a beloved Spanish tapa, originating from Andalusia, where they reflect the region's rich culinary heritage. Traditionally made with leftover ham, these creamy bites are a staple in bars and restaurants across Spain, showcasing the country's emphasis on using quality ingredients.

METHOD

Step-by-step instructions

1

In a saucepan, melt the butter over medium heat. Add the flour and whisk continuously for about 2 minutes until it forms a roux and turns a light golden color.

2

Gradually add the warm milk to the roux, whisking constantly until the mixture thickens and is smooth. Stir in the chopped ham, nutmeg, and salt. Cook for another 2-3 minutes until incorporated. Remove from heat and let cool completely.

3

Once cool, shape the mixture into small balls or cylinders. Dredge each croqueta in the beaten eggs, then coat with breadcrumbs.

4

Heat oil in a deep pan. Fry the croquetas in batches until golden brown, about 2-3 minutes per side. Transfer to a plate lined with paper towels to drain excess oil.

CHEF'S TIP

For extra flavor, you can add a touch of grated cheese to the mixture before shaping the croquetas.

NUTRITION PER SERVING (EST.)

Calories	350 kcal	Fat	20 g
Protein	10 g	Fiber	1 g
Carbohydrates	30 g	Sodium	600 mg

SERVING SUGGESTION

Serve hot with a wedge of lemon and a side of aioli or a spicy tomato sauce for dipping.

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