

VEGETARIAN JAPANESE-STYLE CROQUETTES (KOROKKE)

Makes Approx. 24 Patties

INGREDIENTS

6 Cups (using a liquid measuring cup) or ~3 lbs
Russet potatoes, cubed

1 Egg, room temperature and lightly beaten

1 Small yellow, white or sweet onion, finely diced

1 Medium/Large clove of garlic, minced

~1/2 Cup Frozen corn, thawed and drained

~1/2 Cup Frozen green peas, thawed and drained

1/2 Tsp Diamond Crystal kosher salt (Morton's is not the same...use less.)

1/2 Tsp Ground black pepper

3 Tbsp (heaping) Rice flour for batter plus more as needed, use non-glutinous rice flour from Asian markets (Bob's Red Mill will seem gritty.)

Non-dairy milk substitute or regular milk (or water in a pinch) to form batter

Panko (Japanese-style bread crumbs) for coating

1 Tbsp Oil/butter for frying onions

Neutral flavored oil for deep frying, enough for about 1 inch deep

Enjoy as is or with store bought katsu sauce or A-1 or make your own sauce:

- 3 Tbsp Ketchup
- ~1-2 Tsp Worcestershire sauce

Adjust to your taste!

DIRECTIONS

Prepare ingredients

Place corn and peas in a colander, rinse under tepid water to thaw and set aside to drain. Bring 1 egg to room temperature. Peel and mince garlic, set aside. Peel and dice onion then fry using ~1 tbsp oil or butter on medium. Fry onions until soft but before turning brown. Rinse and peel potatoes, cube into ~1/2 in. x 1/2 in. pieces. The actual size is not as important as the consistency in size. The goal is to have the potatoes cook at the same rate. Boil the cubed potatoes in salted water until soft. A toothpick should easily pierce a piece. When done cooking, drain and pour into a large mixing bowl or use the same pot to mash the potatoes. Do this with a potato masher or a fork until smooth in texture.

Prepare the patties

Add drained vegetables, cooked onions, garlic, salt and pepper to the mashed potatoes. Now, lightly beat the egg and pour on top and mix thoroughly. Form slider sized patties ~2 1/2 in. diameter and ~3/4 in. thick and set aside on a large plate or baking sheet. Do not overcrowd or stack.

Cover with Panko

Combine rice flour with ~ 1/4 C non-dairy milk substitute or regular milk in a small bowl. Form a batter similar in consistency to a pancake batter. Use more liquid if necessary and continue to adjust. Place some panko in a separate bowl. Dip one patty in the batter, completely coating and then cover with panko all over. Set aside on a large plate. (Again, do not overcrowd and please do not stack.) Continue until finished making more batter when necessary.

Freeze any extras

If 24 pcs is too much at this point, freeze any before frying. First, cool completely and then add to a freezer safe container. Use wax or parchment paper to separate any layers. (Yep, it is okay to stack at this point.) When ready to enjoy, deep fry straight out of the freezer. Be careful as any frost or ice crystals will cause the oil to splatter more than usual.

Fry the panko covered patties

Heat oil in a pot on medium high. The oil is ready when a piece of panko floats quickly to the surface and the oil bubbles quickly. When the oil is heated, add the patties and do not overcrowd. Let fry untouched to set the batter then check that patties are not stuck to the bottom. Let the pieces cook on one side before turning. The patty is done when the outside is golden in color and has browned evenly. Remove any stray panko from the pot with a skimmer to prevent oil from forming a burnt flavor. Place cooked patties on a prepared baking sheet lined with a paper towel and cooling rack that fits inside. Continue until all the patties are fried. Enjoy!