



Mushroom Croquettes with Sherry Shallots

Far Niente Estate Bottled Cabernet Sauvignon, Napa Valley, Oakville

by Executive Chef Trevor Eliason

Ingredients

Sherry Shallots:

5 - 6 shallots,
whole with skin removed

1/4 cup olive oil

1/4 cup sherry vinegar

Salt and pepper, to taste

Mushroom Risotto:

4 cups stock
(chicken, mushroom
or vegetable stock)

1 shallot, diced

3 tablespoons olive oil

1 cup Arborio rice

1 cup Far Niente Chardonnay

1 cup Parmesan cheese

1 cup mushrooms,
sautéed and minced

1 tablespoon thyme, chopped

1 tablespoon chives, chopped

1 tablespoon parsley, chopped

4 tablespoons butter

Salt and pepper, to taste

Breading:

2 cups flour

3 eggs

1/2 cup milk

4 cups bread crumbs or panko

3 cups vegetable oil, for frying

METHOD

Sherry Shallots:

Preheat the oven to 300°F. Using a shallow metal roasting pan or glass dish, add the whole shallots and coat with the olive oil, sherry vinegar, salt and pepper. Cover with foil and place in the oven and cook until tender, about 45 minutes to an hour. Remove from oven and let cool. Dice shallots and set aside.

Mushroom Risotto:

In a medium saucepan, add chicken stock and bring to a simmer. In a large, heavy-bottomed pot on medium-high heat, sweat a raw, diced shallot in olive oil. When the shallot is translucent and soft, add the rice and toast for two to three minutes. Add white wine and stir rice until most of the wine is absorbed. Transfer just enough stock from the saucepan to cover the rice. When the liquid has reduced by half, continue adding the stock, about six ounces at a time, stirring the risotto constantly. It will take approximately 20 minutes to cook the rice. When the rice is done, it will be firm to the bite but the rice should not stick to your teeth. Fold in cheese, mushrooms, reserved sherry shallots, herbs, butter and salt. Continue folding until the cheese and butter is incorporated and remove from heat. Cool risotto on a baking pan in the refrigerator for an hour or overnight.

Croquettes:

Form the chilled risotto into ping-pong sized balls or smaller. Place on a parchment-lined baking sheet. When all the balls are formed, put the sheet in the freezer. When the balls are frozen, you can begin the breading process. Using three equal-sized medium bowls, fill one with flour, one with the beaten eggs and milk, and one with bread crumbs. Place a few balls in the flour then into the egg, then into the bread crumbs, coating well. Place on another baking sheet. Continue this process until all are breaded. Place the croquettes in the freezer and, after frozen, place in Ziploc® bags. These will last, sealed in the freezer, up to six weeks.

Heat your fryer to 350°F. If you don't have a fryer, use a heavy-bottomed sauce pan with three cups of vegetable oil. Remove the croquettes from freezer. You can allow them to defrost for 10 minutes, or fry immediately. In small batches, carefully place in hot oil for two minutes or until golden-brown. Drain onto paper towels and sprinkle with salt. Serve plain or with your favorite sauce and a glass of Far Niente Cabernet Sauvignon.

Serves 5 - 10