Recept geschikt voor: 8 stuks | **Moeilijkheid:** 🎩 🎩 🎩
Voorbereidingstijd: 45 min | **Bereidingstijd:** 4 min | **Totale bereiding:** 49 min

Bertyn producten: Veggie Mince

Vegan croquettes with seitan

Ingrediënten

- oil, for frying
- 300 grams oyster mushrooms
- 250 grams Veggie Premium Mince
- 3 cloves of black garlic
- 80 grams olive oil
- 80 grams flour

- 800 ml liquid vegetable stock
- 2 tablespoons paprika powder
- 1 diced small red bell pepper
- tinned tomato puree (approx. 70 grams)
- 2 tablespoons parsley
- 4 teaspoons agar agar
- 100 ml cold water
- 50 grams chickpea flour, or alternatively corn starch
- 24 tablespoons of plant-based milk, such as unsweetened
- oat drink
- Breadcrumbs
- coconut oil, for frying

Bereiding

1. Slice the oyster mushrooms and the black garlic.
2. Briefly fry the mushrooms in a little oil in a frying pan until they brown slightly and add the garlic and seitan, then set aside.
3. Make a roux with the flour.
4. Add the vegetable stock and stir in well.
5. Add the slices of oyster mushrooms and seitan, paprika powder, diced red bell pepper, tomato puree and parsley and leave to gently simmer for 1 or 2 minutes.
6. Dissolve the agar agar in cold water and add this mixture to the ragout.
7. Let simmer on a low heat for 2 minutes.
8. Pour the ragout into a metal baking tray or dish, cover with cling film and put in the fridge for at least a couple of hours or preferably one more night.
9. Roll the congealed ragout into croquettes. You should be able to make 8 pieces from this amount.
10. Mix the chickpea flour (or corn starch) in with the plant-based milk using a whisk until it becomes it has a smooth consistency without any lumps. Pour the mixture into a deep dish.
11. Cover the other deep dish with a layer of breadcrumbs.
12. Roll the croquettes one by one through the liquid mixture and then through the breadcrumbs. Repeat this one more time.
13. Deep fry the croquettes until they start to brown.