



# Alexandrina Rainbow Chard Croquettes with Minted Yoghurt Sauce

## groundwork

On the day, you will need 50 mins preparation time (+ 60 mins refrigeration) & 25 mins cooking time  
Makes 18 croquettes

## elements

### for the croquettes

250g Alexandrina Fleurieu Feta  
1 ½ cups of short grain rice  
¼ cup grated Alexandrina Finnis River Romano  
2 eggs, lightly beaten  
1 clove garlic, crushed  
2 tsp grated lemon rind  
½ cup chopped spring onions  
250 g Rainbow Chard (or spinach) cooked, drained & chilled  
1 Tbsp freshly chopped dill  
2 cups dry breadcrumbs  
2 eggs, lightly beaten, for crumbing  
extra olive oil for shallow frying

### for the Minted Yoghurt Sauce

200ml Alexandrina Natural Yoghurt  
2 Tbsp of chopped mint  
2 Tbsp of lemon juice  
Salt & freshly ground black pepper to taste  
for garnish, with fresh rocket & zest of lemon

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## technique

- **To make the croquettes** | Cook rice in a large pan of boiling water until just tender, drain, then rinse under cold water, then drain again.
- Combine rice, Alexandrina Fleurieu Feta, eggs, garlic, lemon, onions, rainbow chard (ensure that you squeeze of excess moisture) and dill in a large bowl.
- Using wet hands, divide the mixture into 18 portions.
- Roll each portion into even-sized sausage shapes.
- Place on a tray, refrigerate for approximately 30mins.
- Spread breadcrumbs on a sheet of greaseproof paper.
- Dip croquettes into extra beaten egg mixture, then coat with breadcrumbs, shake off excess breadcrumbs.
- Refrigerate for a further 30mins.
- **To make the Minted Yoghurt Sauce** | Combine Alexandrina Natural Yoghurt, mint, lemon juice, salt and pepper in a bowl, mix well.
- Cover & refrigerate until needed.
- **To cook the croquettes** | Heat oil in a deep heavy-based pan. Gently lower batches of croquettes into moderately hot oil with tongs or a slotted spoon.
- Cooked over medium – high heat for 2-3mins or until golden and crisp, and cooked through.
- Drain on paper towel.
- Repeat with remaining croquettes.
- **Plating up** | Serve croquettes hot or cold with a side bowl of Minted Yoghurt Sauce, garnish with rocket & zest of lemon.



## Calcium Hero of the Dish | Fleurieu Feta – aged in brine until matured

A light and creamy cow's milk feta matured in brine. This cheese is made with skim jersey milk which totals less than approximately two percent fat. This cheese is has zing! It is a firm cutting, versatile cheese that can be tossed through a fresh green salad, combined with spinach in a pie, on skewers, a stuffing for meat, or for an antipasto.  
Serve this cheese | on a platter with kalamata olives, dolmades and pickled octopus.

- **Looking for Rainbow Chard?** | Try one of the growers at your local Farmers Market.
- **Top Tip** | You can finely chop almost any vegetable and hide it inside a croquette -- mushrooms, capsicum, carrot, celery. To add a new vegetable, use a half a cup measure of a vegetable, and reduce the rainbow chard by half a cup.
- **Foodie Fact** | Rainbow Chard, scientifically known as *Beta vulgaris*, stems of yellow, red and white, with glossy dark green crumpled leaves, attractive and nutritious. Known in Mediterranean in ancient times. Sometimes called Spinach.
- **Find more Alexandrina recipes** | [http://www.alexandrinacheese.com.au/recipe\\_book.html](http://www.alexandrinacheese.com.au/recipe_book.html)



