Ham Croquettes

Ingredients

Thick White Sauce:

- ¼ cup butter
- ¼ cup flour
- ¼ teaspoon salt
- Dash of pepper
- 1 cup milk (whole, low fat or skim)

Croquettes:

- 2 cups ham, coarsely chopped
- 2 tablespoons chopped, sautéed sweet yellow onion
- 1 egg
- 2 tablespoons water
- ¾ cup dry bread crumbs

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Directions

1. Melt butter in sauce pan on low heat.
2. Blend in flour, salt and pepper.
3. Cook until mixture is smooth and bubbly.
4. Remove from heat.
5. Stir in milk.
6. Place on burner over medium heat and cook to boiling, stirring constantly.
7. Boil for 1 minute.
8. Remove from heat.
9. Stir in ham and sautéed sweet onion.
10. Spread the mixture in an ungreased pan.
11. Cover and refrigerate for a minimum of 3 hours. For best results, refrigerate overnight.
12. Divide the mixture into 12 equal parts and shape into balls.
13. Beat the egg and water until blended.
14. Dip each croquette in the egg mixture and then roll in breadcrumbs.
15. Cover and chill croquettes for at least two hours.
16. Using a deep fat fryer or kettle, heat 3 to 4 inches of cooking oil to 365 degrees.
17. Fry each croquette 1-2 minutes, until light brown.
18. Drain and keep croquettes warm in 350 degree oven until ready to serve.
19. Spoon hot peas in cream sauce over croquettes.