

vege

Recipe #5: October-novembre

**Sweet potato
croquettes with
Gruyère cheese and
chanterelle mushrooms**



A recipe created especially for EPFL by Marie Robert, chef at Le Café Suisse in Bex



TOTAL:
12 CHF

Ingredients

Serves 4

600 g sweet potatoes
150 g Gruyère cheese
50 g minced parsley
40 g button chanterelle mushrooms
20 g melted butter
10 g minced garlic
1 cl white wine
1 shallot
Salt and pepper

For the coating

100 g breadcrumbs
100 g flour
10 sprigs of dill
2 egg whites

For the emulsion:

20 cl medium cream (25%)
20 g Gruyère cheese
Nutmeg

For the gel:

50 g beet juice
Salt and pepper
Thickening agent
Flowers

Assembling the purée :

Peel the sweet potatoes, cut them into cubes and place them in boiling water until soft. Purée them, then add the butter and season to taste.

Set aside one quarter of the mixture for the emulsion.

Wash the mushrooms. Sauté the shallots in olive oil until brown, then add the mushrooms, cooking them until they release all their water. Add the parsley and garlic and cook for one minute. Deglaze the pan with the white wine. Chop the mushrooms and add them to the purée. Stir in 150g of Gruyère cut into small cubes.

Spoon the purée into half-sphere molds and freeze. Assemble the halves by heating the flat sides on a warm surface and pressing them together. Use your finger to smooth the circumference of the joint to create a perfect sphere. Put them back in the freezer. (If you don't have a mold, you can shape the balls with your hands.)

Finely mince the dill and add it to the breadcrumbs.

Coat the spheres with the flour, then the egg whites and finally the breadcrumbs. Fry the spheres; if need be, you can brown them in a deep fryer and then finish them in a 180°C oven for six minutes.

To make the gel, mix the thickening agent with the beet juice to form a jelly-like texture. Add the seasoning.

For the emulsion, heat the remaining purée with the medium cream and the cheese.

Strain, season to taste and place in a whipping siphon. Pressurize and set aside.

Arrange the croquettes on a plate and garnish.

Tip: If a sphere is not coated evenly in breadcrumbs, dip it in the egg whites again and then in the breadcrumbs

By Marie Robert,
Le Café Suisse



About sweet potatoes

This versatile vegetable can be prepared in an astonishing number of ways. Whether puréed or in a ragout, fried or stuffed, or baked in a cake or in cookies, sweet potatoes go well with many other ingredients.

Nutritional benefits

Sweet potatoes are high in fiber, low in calories and packed with nutrients. What sets them apart from their fellow vegetables, however, is their high vitamin A content. Vitamin A plays an essential role in maintaining healthy bones, teeth and skin, and it protects against infection. What's more, vitamin A is important for good vision.

What to look for

Sweet potatoes should be firm with smooth skins and no bruises or cracks. They may be creamy white, yellow, orange or red in color. The orange- and red-fleshed varieties are higher in nutritional value than the others.

Storage

Sweet potatoes do not hold up well in cold temperatures so avoid putting them in the refrigerator. They will keep for 7 to 10 days when stored in a cool, dry and dark area.

To maintain their nutritional value, cook them with their skins on.

After cooking, sweet potatoes can be stored in a closed container in the refrigerator for four or five days.