Recipe #5: October–November

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
**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

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**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.

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**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.