

RECIPE: SERRANO HAM AND CHICKEN CROQUETTES

BAKING

Flour, 4.46 oz.

Bread crumbs, 7 oz.

CONDIMENTS & OIL

Vegetable oil, 16 fl oz.

Olive oil, 3 fl oz.

DAIRY

Milk, 24 fl. oz.

Eggs, 3

POULTRY

Chicken, 12 oz.

SPICES & SEASONINGS

Sea salt, to taste

Nutmeg, 1 pinch

VEGETABLES

Onion, 8.57 oz.

MISCELLANEOUS

Serrano ham, 1 oz.