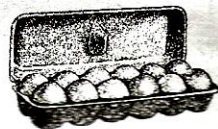


That Good Navy Chow!



BEEF CROQUETTES

Portion: 2 croquettes

100 Portions

Beef, cooked, ground	25 pounds	3 gallons
Salt	2 ounces	¼ cup
Pepper	¼ ounce	1 tablespoon
Onions, finely chopped	5 pounds	3¾ quarts
Fat	2 pounds 8 ounces	1¾ quarts
Flour	2 pounds	½ gallon
Beef stock, hot		½ gallon
Eggs, slightly beaten (quarts)	3 pounds	30 (1½)
Bread crumbs	5 pounds	1½ gallons
Milk, liquid		1 quart
Eggs, beaten	1 pound	10 (1 pint)

Extra flour and bread crumbs used to roll croquettes in before frying

Combine ground beef, salt and pepper.

Cook onions in fat until clear.

Add 2 pounds flour. Mix thoroughly. Stir into heated stock gradually, stirring constantly.

Heat to boiling temperature.

Cool. Stir in eggs and bread crumbs. Add beef and mix thoroughly.

Chill in refrigerator until firm.

Mix together milk and eggs.

Shape meat into croquettes. Roll in flour. Dip into egg and milk mixture. Roll in crumbs.

Fry in hot deep fat at 375°F. 4 to 5 minutes or until evenly browned on all sides. Serve immediately.

Note.-Lamb or veal may be used in place of beef.

Variation

Beef, Lamb or Veal "Croquette" Loaf

Place "croquette" mixture in well greased baking pans. Bake in slow oven (325° F.) 45 to 60 minutes.

Cut in squares or slices for serving.