

NONNA'S POTATO CROQUETTES

Cooking Times

- **Preparation Time:** 35 minutes
- **Chilling Time:** 1–2 hours
- **Cooking Time:** 3 minutes per batch
- **Total Time:** About 1 hour 45 minutes
- **Servings:** 18–20 potato croquettes

Ingredients

For the Potato Croquettes

- 2.2 lb potatoes, preferably yellow or starchy potatoes
- 2 egg yolks
- $\frac{2}{3}$ cup grated Parmigiano Reggiano
- 2 tablespoons breadcrumbs, only if needed
- Salt, to taste
- Pinch of nutmeg, optional
- 3.5 oz mozzarella or mild provolone, well drained and patted dry, optional

For the Coating

- 2 large eggs
- All-purpose flour, as needed
- Fine breadcrumbs, as needed
- Peanut oil or vegetable oil, for frying

Instructions

1. Cook the Potatoes

Place the potatoes in a pot of cold salted water, leaving them whole and with the skin on. Bring to a boil and cook until the potatoes are tender when pierced with a fork.

Do not peel or cut the potatoes before boiling. This helps prevent them from absorbing too much water, which is one of the main reasons potato croquettes fall apart during frying.

Drain the potatoes well and let them cool just enough to handle.

2. Mash and Cool the Potatoes

Peel the potatoes while they are still warm, then pass them through a potato ricer or mash them very well.

Spread the mashed potatoes on a tray or large plate and let them cool completely. This step allows excess steam and moisture to escape, giving you a drier and firmer potato mixture.

3. Make the Potato Mixture

Once the potatoes are completely cool, place them in a bowl. Add the egg yolks, grated Parmigiano Reggiano, salt, and a small pinch of nutmeg if using.

Mix until smooth and compact. The mixture should feel soft but not wet. If it feels too moist, add 1–2 tablespoons of breadcrumbs, a little at a time, until the mixture is easier to shape.

4. Shape the Croquettes

Take small portions of the potato mixture and shape them into cylinders.

For a kid-friendly version, keep the croquettes medium-small so they cook quickly and evenly.

If you want to fill them, place a small piece of well-drained mozzarella or mild provolone in the center of each croquette, then seal the potato mixture tightly around the cheese.

5. Coat the Croquettes

Prepare three shallow bowls:

- one with flour
- one with beaten eggs
- one with breadcrumbs

Coat each croquette first in flour, then in beaten egg, then in breadcrumbs.

For extra protection during frying, dip each croquette a second time in the beaten egg and breadcrumbs. This double coating helps create a firm crust that keeps the croquettes from opening in the oil.

6. Chill Before Frying

Place the coated croquettes on a tray and refrigerate for at least 1 hour, or preferably 2 hours.

This resting time helps the croquettes firm up and keeps them from falling apart while frying.

7. Fry the Croquettes

Heat the oil in a deep pan to **340–350°F**.

Fry a few croquettes at a time, without overcrowding the pan. Do not move them immediately after placing them in the oil. Let the crust set first, then turn them gently until golden brown on all sides.

They should take about 2–3 minutes per batch.

Remove with a slotted spoon and drain on paper towels. Serve warm.

Tips and Tricks

For croquettes that never fall apart, the potato mixture must be dry, cool, and firm before shaping.

Use starchy or yellow potatoes rather than new potatoes, which contain more water. Always boil the potatoes whole with the skin on, and never cut them into pieces before cooking.

Let the mashed potatoes cool completely before adding the egg yolks and cheese. If the potatoes are still hot, the mixture may become too soft.

Do not skip the chilling time. Refrigerating the croquettes before frying is one of the most important steps.

For the crispiest and safest result, use a double coating of egg and breadcrumbs.

Make sure the oil is hot enough before frying. If the oil is too cold, the croquettes will absorb oil and may break apart. If it is too hot, they will brown too quickly on the outside before the inside warms through.

If using mozzarella, drain it very well and pat it dry with paper towels. Too much moisture inside the croquettes can cause them to burst.

Baked Version

For a lighter version, place the coated croquettes on a baking sheet lined with parchment paper.

Spray or brush them lightly with oil and bake at **400°F** for **20–25 minutes**, turning halfway through, until golden and crisp.

They will be a little less crispy than the fried version, but still delicious and perfect for kids.