

Japanese Beef Croquettes

Prep Time: 10 Minutes Cook Time: 20 Minutes Ready In: 30 Minutes

Servings: 10

Ingredients:

3 medium russet potatoes, peeled, and chopped
1 tablespoon butter
1 tablespoon vegetable oil
3 onions, chopped
3/4 pound ground beef
4 teaspoons light soy sauce
½ cup All-purpose flour for coating
2 eggs, beaten
½ cup Panko bread crumbs
1/2 cup oil for frying



Directions:

1. Add potatoes to a large pot of salted water, and bring to a boil; cook until tender, about 15 minutes. Drain; pour potatoes into a large bowl. Stir in butter, and mash with a potato masher. Set aside.
2. Heat 1 tablespoon oil in a large skillet over medium heat. Stir in onions, and cook until soft. Stir in beef and soy sauce. Cook, stirring continuously, until beef is browned and all the liquid is evaporated. Combine beef and onions with potatoes, and stir well. Shape potato and beef mixture into 10 similar-size balls, and flatten into patties. Dredge patties in flour. Then dip in egg, and coat with Panko bread crumbs. Place on a in a 13x9 pan; cover with foil. Refrigerate overnight.
3. Heat 1/2 cup oil in a wok over medium-high heat.
4. Carefully place patties into oil, and fry until golden brown on each side.