

Carimanolas (Beef Croquettes)

Anita de Diaz - Republic of Panama
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Yield: 24 croquettes

1 onion, chopped
1 clove garlic, chopped
1 green pepper, chopped
2 1/2 pounds ground beef
salt (to taste)
pepper (to taste)
2 tablespoons
Worcestershire sauce
1 can (6 ounce) tomato
paste
2 pounds casava (yuca)
1 egg, whipped
3 tablespoons margarine
oil (for frying)

Preparation Time: 20 minutes

In a skillet, brown the ground beef with the onion, garlic and green pepper. Add salt and pepper. When ready, add the Worcestershire and tomato paste. Heat at VERY LOW temperature until the meat is dry. Allow to cool.

Peel, wash and cut the casava. Heat at medium temperature until soft. Drain and puree while hot. Add the egg and margarine and knead well.

Form into medium size balls. Make a hole in the dough and fill it with the previously prepared meat. Make them look like croquettes.

Deep fry the croquettes in hot oil until brown. Drain the excess oil.

(The carimanolas can be prepared well in advance and frozen.)

Per Serving (excluding unknown items): 4107 Calories; 342g Fat (75.2% calories from fat); 203g Protein; 50g Carbohydrate; 10g Dietary Fiber; 1177mg Cholesterol; 2577mg Sodium. Exchanges: 28 Lean Meat; 8 Vegetable; 52 1/2 Fat; 1/2 Other Carbohydrates.