Cheese Croquettes Three tablespoons butter, % cup flour, i cup milk, 1 egg. 14 cups American cheese, 1/2 teaspoon salt, 1/4 teaspoon paprika. Make a white sauce of the butter, flour, salt, paprika and milk. Mix together the cheese (cut into bits) and the egg; add to the sauce and cook until the cheese is melted; then chill, Shape into balls, dip in fine breadcrumbs, egg, and crumbs again, and fry in deep fat. Serve on toast and surround with white sauce.