



## SIMPLICITY CROQUETTES

"She can make something out of nothing" (the test of a true housewife) can well be said of the woman who originated this recipe. Just cold mashed potatoes and left-over ham go into it. But when deep-fried in Crisco they become this real "company dish," croquettes, golden brown and crisp on the outside (thanks to Crisco) and well-cooked and well-flavored within. And when we stop to think about it, should any of us be willing to fry food in a fat that hasn't itself a sweet, fresh flavor? No—and that's one reason I use Crisco for frying—it tastes wonderfully sweet and fresh itself.

3 cups mashed potatoes	1 egg slightly beaten
1 1/2 cups minced left-over ham	1 tablespoon water
	1 tablespoon Crisco
1/2 cup bread crumbs	

Blend potatoes with Crisco, shape into balls, hollow out center, fill with ham and cover with potato. Make round by rolling in palms of hands. Roll in crumbs, dip in egg diluted with water, and roll in crumbs again. Fry in hot Crisco (385°-390° F.) or when an inch cube of bread browns in 40 seconds. Drain on absorbent paper and serve hot either plain or with sauce poured around (never on) the balls.