

CHEESE NUGGETS

Ingredients

6 tbsp butter
1/3 cup plus 1 tbsp all-purpose flour, plus extra for dusting
1 1/2 cups milk
2 large eggs, beaten, plus 3 large egg yolks
2 cups grated Emmental or Swiss cheese
salt and freshly ground black pepper
pinch of freshly grated nutmeg
1 cup fresh breadcrumbs
1 tbsp olive oil
1 fresh hot red chile, seeded and chopped
1 garlic clove, crushed
one 14.5 oz (411 g) can chopped tomatoes
1 tsp sugar
1/2 cup heavy cream



directions

1. To prepare the nuggets, melt the butter in a saucepan over low heat. Whisk in the flour and cook without browning for 1 minute. Whisk in the milk, increase the heat to medium, and bring to a boil, whisking often, until smooth and thick. Return the heat to low and simmer gently, whisking often, for 5 minutes.
2. Remove the saucepan from the heat and beat in the egg yolks, one at a time. Stir in the cheese, then season with salt, pepper, and nutmeg. Spread out the mixture in a shallow rectangular dish in a layer about 3/4 in (2cm) deep, smoothing the top. Cover with plastic wrap and refrigerate for at least 8 hours.
3. Cut the mixture into pieces about 3/4 x 2 in (2 x 5cm), then shape into nuggets. Roll in flour, dip in beaten egg, then roll in the bread crumbs until coated. Chill on wax paper for 1 hour.
4. To make the dip, heat the oil in a frying pan over medium heat. Add the red pepper, chile, and garlic and cook, stirring often, about 4 minutes, until softened. Add the tomatoes and sugar, cover, and simmer for 30 minutes. Puree in a blender, then add the cream.
5. Heat the vegetable oil in a frying pan over high heat until shimmering. In batches, fry the nuggets, turning often, about 3 minutes, until golden brown. Transfer to paper towels to drain. Serve hot or warm, with the dip.

View this recipe online by searching for "Cheese Nuggets" or visit:
<http://www.ivillage.com/cheese-nuggets/3-r-63938>

