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ZEGRAHM NEWS

The World of Ice by Kevin Clement

Zegrahm Expeditions Director Kevin Clement is fortunate enough to live within the boundaries of Denali National Park. His specialty is subarctic ecology, but his work as a naturalist and an ecotourism and adventure travel guide has taken him from his home in Alaska to all seven continents. Kevin has traveled to Antarctica 49 times and never tires of lecturing on one of his favorite subjects, ice.

Living for many years in Alaska, traveling widely in the Arctic, and doing a lot of climbing and glacier travel, I thought I had seen ice. But I was wrong. I had never seen ice until I went to Antarctica for the first time. Ice occurs there on such an enormous scale and in such an immense variety of forms, nowhere else even compares. Antarctica is the world capital of ice and here are a few reasons why:

- The surface of Antarctica is more than 99 percent ice. Only a few scraps of rock peek out from under the ice cap.

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THIRUVANANTHAPURAM

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“To see the whole range of possibilities of ice, all of the myriad shapes and forms it can assume, you have to come to the world capital, as I finally did. You have to come to Antarctica.”

Just What the Doctor Ordered: A Generous Dose of Culture, Natural History, and Sun this Winter

With summer in full swing north of the equator, it is the perfect time to start planning your winter getaway to keep summer going all year long. This November through January, Zegrahm is offering five incredible voyages with something for everyone. Whether it's a cultural immersion in the Arabian Gulf or skirting India's southwestern shores; a combination of culture and natural history in India and the Maldives; or plenty of sun, sand, and underwater adventures in the Seychelles, each expedition is designed to give our inquisitive travelers the perfect alternative to the typical holiday offerings in Mexico, Hawaii, or the Caribbean.

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DEAR ADVENTURER

We are embracing another beautiful summer here in Seattle. These last few months have been filled with mixed emotions for all of us at Zegrahm. While we have had great success in the field with several brand-new programs, including circumnavigations of both Sumatra and Sicily, we received sad news on April 25. My friend and former colleague, Scott Fitzsimmons, passed away after a long battle with cancer. The outpouring of support from our clients and travel industry colleagues has been deeply touching. Thanks to all of you who reached out to us, it has been greatly appreciated. Scott's light-heartedness coupled with his deep commitment to the travel industry will certainly be missed by all. To learn more about Scott and his many accomplishments, please see page six of this newsletter.

P.S. Be sure to check out the back panel of our newsletter for a taste of our recent Sicily expedition.

During Scott's long tenure as president of Zegrahm, he was always a champion of our chartering the *Clipper Odyssey*. He would have been proud to see what was accomplished during her recent dry-dock. Most noticeable to returning guests will be improvements to the Day Lounge, lecture facilities, and Bridge Deck cabins—with more cabin upgrades coming soon. In addition to the interior upgrades, there were significant mechanical and cosmetic exterior upgrades completed including a new propeller, replacement of pipes, and a new coat of paint above and below the water line.

I am looking forward to seeing for myself the changes that have been made to the *Clipper Odyssey* while on board the last two weeks of December for our India & the Maldives expedition. I think this will be the perfect way to celebrate the holidays (look for special group savings within) as well as a perfect solution for an escape from the cold, dark winter that most of us are used to here in the Pacific Northwest. This journey starts in India with the option to visit the Taj Mahal and Jaipur before boarding the *Clipper Odyssey* in Chennai; a highlight will certainly be our (included!) overnight excursion in Sri Lanka. This voyage also gives you the opportunity to visit the remote and colorful underwater world of the Lakshadweep Islands and the Maldives. I invite you to please join me as we celebrate the holiday season on board the *Clipper Odyssey*.

Warm regards,

Jon Nicholson
President

ZEGRAHM EXPEDITIONS

Zegrahm Expeditions weaves together the world's most inspiring and remote destinations—on all seven continents—into one-of-a-kind itineraries. Our educational and environmentally-focused expeditions, by land and sea, are led by industry experts. Zegrahm Expeditions is the leader in all-inclusive, adventure travel for small groups of like-minded travelers.

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- The Antarctic ice sheet is up to 15,000 feet thick, averaging about 6,000 feet.
- It stores the equivalent of 60 years of precipitation on Earth. (Or, the flow of the Mississippi River for 46,000 years.)
- The weight of that great mass, bearing down on the South Pole, makes the earth slightly pear-shaped.

If you were going to taxonomically classify ice, the first division you would have to make would be between ice formed from salt water and from fresh water; in other words, sea ice and glacier ice. In the Far South, you're certain to see plenty of both.

SEA ICE

Ecologists call the annual formation of sea ice in the South the greatest seasonal event on Earth. In the late fall it is expanding at the rate of 30 square miles per minute. It effectively doubles the size of the continent for the winter.

The ice is essential for all life in the Southern Ocean, and responsible for its phenomenal productivity. The underside of that extensive plain of frozen water is the breeding ground for a staggering population of algae, which sustains krill and the entire food chain. The surface is a resting place, a floating dock, a nursery, and a hunting platform for seals and penguins.

And then, when summer comes, most of it breaks up. It shatters into **ice floes**,

a huge armada of ice. The loose floes often congregate into great **packs**, roaming around unpredictably at the whim of winds and currents. What was a clear channel one day might be choked with an impassable mass the next.

GLACIER ICE

The ice in a glacier is not just frozen water; it is compressed snowflakes. It results from snow falling and falling and falling, and not melting, for uncounted millennia, until the sheer weight of the mass crushes and metamorphoses the snow at the bottom. The crystals merge and re-form, and a new kind of ice is born. And it starts to move.

All glaciers move, by definition. Because under pressure, ice does a strange thing: it becomes plastic. It squeezes out like toothpaste, it flows downhill. As it moves, it crushes everything in its path. Glaciers are by far the most rapid agent of erosion on earth. They gouge. They grind. They bulldoze. They carve. The spectacular results of this movement are landscapes like South Georgia. A landscape like that also exists under the Antarctic ice sheet, entombed in ice.

In Antarctica, almost none of that ice ever melts. Most of it leaves the continent in the awe-inspiring form of **icebergs**. Every year, Antarctica shrugs off some 2,014 billion tons of ice.

Not only do icebergs come in a greater variety of shapes than you imagine; actually,

the variety is greater than you *can* imagine. Explosively calved from glaciers, bergs are pinnacled, castellated, jagged, arched, extruded, angular, towering, tunneled, and any number of other things, sometimes all at once.

But the biggest bergs are not calved from glaciers; they are broken off from **ice shelves**. Ice shelves are amalgamations of glaciers that carry so much impetus that they do not stop when they reach the edge of land, but thrust out over the ocean and cover it under a vast expanse of frozen freshwater.

Tidal changes cause this raft of ice to flex; cracks form, hundreds of miles long; and chunks float away. Some of these chunks, called **tabular bergs**, rise several hundred feet above the surface and are larger than Belgium. Early explorers often mistook them for islands, because it defies belief that such enormous objects could be floating. To believe them, you must see them.

To see them, and to see the whole range of possibilities of ice, all of the myriad shapes and forms it can assume, you have to come to the world capital, as I finally did. You have to come to Antarctica.

*Join Zegrahm for one of two expeditions to **Antarctica, South Georgia, and the Falkland Islands** departing December 2011 and January 2012 (Kevin is a lecturer on the January departure). ZE*



continued from cover

Plus, each of these winter getaways is in the intimate comfort of the recently refurbished (see below for details!), 110-passenger *Clipper Odyssey*. In addition to a bevy of complimentary amenities such as a variety of daily activity options; all gratuities, accommodations, and meals; and transfers on group arrival and departures dates, the *Clipper Odyssey's* shallow draft and fleet of Zodiacs allow us to land on pristine atolls and uninhabited islands where many of the big ships simply can't go.

First on the roster, our **Treasures of Arabia** expedition departing November 25 visits the intriguing countries that comprise the Arabian Gulf region, including Oman, United Arab Emirates, Qatar, and Dubai. Travelers will explore gleaming modern cities, ancient villages, elegant mosques, and bustling souks, plus have the special opportunity to board local dhows adorned with colorful Oriental carpets and cushions for a cruise through the rugged fjords of the Musandam Peninsula.

Then, it's on to India for a 15-day sojourn skirting the subcontinent's southern shores. In addition to experiencing the fascinating city of Mumbai, the colonial European charm of Goa, Kochi's maze of islands and waterways via houseboat, our **Southern India by Sea**

program spends two full days in Sri Lanka. The highlights of our time in Sri Lanka (once lauded by Marco Polo as the "finest island of its size") include a visit to the Pinnawala Elephant Orphanage and the World Heritage Sites of Kandy's Buddhist Temple of the Tooth and the seaside fortress of Galle.

Next up, our **India & the Maldives with Sri Lanka & Lakshadweeps** is the perfect union of culture and natural history. We cover all the highlights of Southern India and Sri Lanka, then make our way to the unspoiled islands of the Lakshadweeps and the Maldives. Our days in these two archipelagos will be spent discovering the region's underwater riches with daily snorkel, dive, and glass-bottom boat excursions. And, since many families enjoy traveling together over the holidays, we are happy to offer special group savings on this voyage: groups of four or more travelers receive 10% off the brochure rate and groups of eight or more receive 15% off!

The New Year brings two amazing voyages focused on the Seychelles. First, from January 13 – 27, travelers on our **Ultimate Seychelles** expedition will enjoy daily adventures above and below the waterline. Whether it be hiking among the endemic coco-de-mar palms on Praslin Island,

admiring Aldabra Atoll's giant Indian Ocean tortoises, photographing the pink granite boulders of La Digue, or snorkeling and diving among 150 coral species and 850 species of rainbow-hued fish, this voyage is sure to make you forget that winter exists elsewhere in the world.

Finally, our brand-new **Classic Seychelles** offers the very best of these Indian Ocean islands, including La Digue, Praslin, and Aldabra Atoll, plus the Comoros Islands and Tanzania. After spending our days snorkeling, diving, birding, and beach-combing in the Seychelles, we make our way to the volcanic islands of the Comoros where we find an interesting mélange of Arabic and French architecture nestled among the island's stunning natural beauty. We then conclude our explorations in magical Zanzibar—on the "Spice Island" we wander the labyrinth of alleyways, filled with treasures of the East that established its fame: cloves, cinnamon, and vanilla.

And, while winter may seem like light years away, we encourage you to book soon to secure the cabin of your choice. Then, instead of menu planning for the holidays or buying new snow shovels, you can start daydreaming about glistening temple complexes and secluded, sugar-sand beaches! **ZE**



This April the well-loved *Clipper Odyssey* went into dry dock to get spiffed up for her upcoming adventures. Among the improvements, the Day Lounge was completely renovated including new furniture, contemporary colors, and an upgraded buffet set-up to ease congestion during peak breakfast and lunch times, as well as adding large drop-down televisions in the Main Lounge to facilitate better lectures and recaps. The cabins, beginning with those on the Bridge Deck, are also getting a facelift. Think: new bedding, updated décor, and extra storage. Check out the new and improved *Clipper Odyssey* on your winter getaway.



Voyage through the Red Sea: An Award-Winning Journey in Remarkable Times

We are elated to announce that our brand-new **Voyage through the Red Sea** expedition has been named one of *National Geographic Traveler* magazine's "Best Tours of a Lifetime" for 2011. And, while we are thrilled to have these honors bestowed upon us, we must admit that we are not completely surprised. Zegrahm has operated various portions of this voyage over the years and travelers always come back raving about it. This year will be no exception as we explore Jordan, Egypt, and Saudi Arabia, including first-time visits to the lesser-traveled countries of Sudan and Eritrea. Our November 6 – 22 itinerary is the perfect time to explore this seat of the world's earliest civilizations with pleasant temperatures ranging from 55 to 85°F and a stable, yet fascinating political environment where a new chapter in the region's history has literally unfolded within the last year (plus, this comes with the added bonus of fewer crowds at some of the region's most popular tourist sites).

This voyage combines the Red Sea's best cultural attractions along with several opportunities to engage in the region's natural history with snorkeling and diving excursions. Among the many highlights of this award-winning expedition, you will have the opportunity to:

- Explore the rose-colored wonders of Petra, the capital of the ancient Nabatean Empire and now a World Heritage Site—even enjoy a candle-lit nighttime walk through the Siq to the Treasury, if you so choose;
- Overnight in Luxor, often considered the "world's greatest open air museum," to explore its various monuments, temples, and tombs;
- Cruise along the Nile in a traditional felucca sailing vessel, savoring lunch and views of the countryside along the way;
- Enjoy a walking tour of Jeddah's well-preserved old city, considered the gateway to Mecca;
- Take in traditional daily life as we wander the pathways connecting the old, coral-block buildings of Suakin, Sudan—a major trading stop en route to Mecca;
- Snorkel and dive in the shimmering waters of Eritrea's Dahlak Archipelago, an area renowned for its rich marine life and scenic beauty.

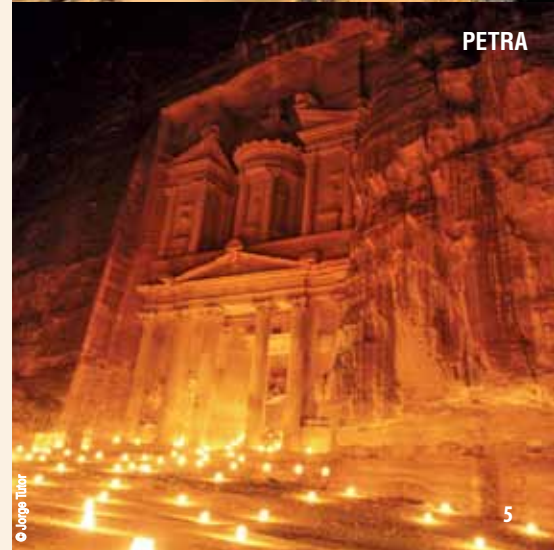
There is no better time to explore this enigmatic corner of the world and exclaim that you embarked on a bona fide "Tour of a Lifetime" than by joining our **Voyage through the Red Sea**. Contact our office to reserve your space today! **ZE**

ANOTHER OPTION FOR EXPLORING EGYPT AND JORDAN

If Egypt and Jordan top your must-see list, you may also consider our **Crossroads of Empires** expedition. This 17-day voyage departing October 29, 2011, explores the best of Egypt and Jordan, plus Greece, Turkey, Cyprus, and Lebanon. Visiting no less than five World Heritage Sites, this journey reveals the innumerable treasures that dot the shores of the eastern Mediterranean and Gulf of Suez. We'll also be joined by a special guest speaker in Lebanon who will enlighten us on the role of religion and ethnic diversity in the region.



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In Loving Memory of **SCOTT FITZSIMMONS**

Scott Fitzsimmons, part of Zegrahm Expeditions' senior management for 13 years, serving as company president for much of that time, passed away on Monday, April 25, after battling cancer since late 2009. A genuine friend and highly respected colleague, Scott will be remembered by everyone who had the pleasure and privilege to know and work with him for his incredibly strong work ethic; witty sense of humor; and, most importantly, a genuine interest in everyone with whom he came in contact (as well as his uncanny ability to remember even the most minute details about a person).

Scott began his career in the travel industry soon after graduating from the University of Washington as a tour leader for Johansen Royal Tours. He then moved on to Princess Cruises, Society Expeditions, and Holland America Line before joining Zegrahm in 1996. Scott was hired to head up Zegrahm's Space and Deep Sea Voyages divisions and then became company president once Zegrahm cofounder Werner Zehnder retired. In his role as president, Scott worked closely with internal staff, as well as many of the company's travel partners from alumni groups to travel agents who were just as fond of Scott as his colleagues in the office.

During his tenure at Zegrahm, he ventured out in the field quite regularly on scouting trips to Algeria, Libya, Central America, and the South Pacific, plus to meet our travelers on various expeditions. Some of Scott's favorite trips included diving to the *Titanic*, the Cosmonaut Training Program in Russia, and our recent adventure to the North Pole. Scott once said that what distinguishes Zegrahm Expeditions from the pack is a very simple concept: "Zegrahm truly *cares*. We care that travelers fully see, understand, and enjoy the beauty of this world."

Scott helped each of us at Zegrahm see the beauty of this world and he will be deeply missed. **ZE**

Expedition Updates

There is excitement afoot among passengers and staff alike with our upcoming 2011 expeditions and the release of our 2012 calendar. As such, we thought there was no better time to give you a quick update on a few changes to our schedule:

2011

Just Added: Due in part to the success of our April Circumnavigation of Sicily expedition, we have added a 14-day **Sicily with Montenegro, Croatia, Albania & Greece** expedition, departing September 1, to the calendar.

New Stop: On our November **Crossroads of Empires**, we are excited to announce that we will be visiting Kyrenia, Cyprus, instead of Syria. Here, we'll have a full day to explore this charming port town and its historic castle on the shores of the sparkling Mediterranean.

2012

Itinerary Update: We will be offering only one **Baltic Odyssey** in 2012. This 15-day expedition begins in Edinburgh and ends in St. Petersburg, where we have two full days to explore this breathtaking city.

New Itineraries Added: First, a June **Norwegian Fjords and Scottish Isles** voyage takes full advantage of the longest days of summer as we explore Norway's exquisite, scenic coastline from Tromsø, above the Arctic Circle, to the remote and isolated Scottish Isles. Then, in September we'll return to the Mediterranean and Adriatic for **Sicily with Montenegro, Croatia, Albania & Greece**.

DUBROVNIK



UPCOMING EXPEDITIONS

Departure Date	Destination	# of days	From	Leaders
Jul 13, 2011	In the Wake of the Vikings: Scotland, Iceland & the Faroes	14	\$9,980	M. Messick, J. Christensen, G. Lake, L. Murphy, B. Stephenson, R. Pagen, M. Brazil, T. Sharpe, R. Hauksson, C. Batey
Jul 24	Circumnavigation of Iceland	14	\$9,980	M. Messick, J. Rossouw, K. Clement, J. Christensen, G. Lake, L. Murphy, B. Stephenson, R. Pagen, M. Brazil, R. Hauksson, S. Law
Aug 10	Ultimate Botswana	18	\$17,880	L. Hes
Aug 14	Circumnavigation of Ireland	14	\$8,980	J. Yersin, L. Wurzrainer, J. Grove, J. Rossouw, R. Evans, G. Fasanelli, J. Wilson, A. Wilson, C. Batey
Aug 21	Mongolia: Land of Chinggis Khaan <i>LIMITED AVAILABILITY</i>	18	\$11,980	K. Saunders
Aug 22	Northwest Passage: An Arctic Adventure <i>WAITLISTED</i>	23	\$31,920	K. Clement
Sep 1	Sicily with Montenegro, Croatia, Albania & Greece	14	\$7,480	L. Oprea, J. Rossouw, L. Greig, J. Yersin, G. Fasanelli, M. Moore, R. Wixman, S. Langley, A. Langdale
Sep 3	Wild Brazil with the Pantanal <i>LIMITED AVAILABILITY</i>	18	\$11,480	M. Brazil
Sep 6	Five 'Stans: Hidden Heart of Asia	18	\$10,780	G. Wintz
Sep 6	Madagascar: The Eighth Continent	18	\$9,780	L. Hes
Sep 13	Circumnavigation of the Black Sea <i>WAITLISTED</i>	15	\$9,980	L. Oprea, L. Greig, M. Moore, L. Murphy, R. Pagen, A. Langdale, S. Law, J. Higginbotham, R. Wixman
Sep 25	Circumnavigation of the Black Sea	15	\$9,980	L. Oprea, L. Greig, M. Moore, L. Murphy, R. Pagen, R. Crowley, A. Langdale, J. Dobson
Sep 29	Zambia: Africa's Best Kept Secret <i>LIMITED AVAILABILITY</i>	14	\$13,980	L. Hes
Oct 4	Western Himalayas: A Journey Through Sacred Lands	18	\$9,980	G. Wintz
Oct 19	Zambia: Africa's Best Kept Secret	14	\$13,980	L. Hes
Oct 20	Mali, Burkina Faso & Ghana with Timbuktu	15	\$12,980	L. Greig, D. Conrad
Oct 20	Circumnavigation of South Georgia with the Falkland Islands <i>CELEBRATE 20 YEARS WITH US! - LIMITED AVAILABILITY</i>	20	\$12,480	M. Messick, S. Metz, P. Harrison, J. Grove, K. Clement, L. Wurzrainer, R. Evans, M. Moore, R. Price, G. Renner, C. Field
Oct 29	Crossroads of Empires: Greece, Turkey, Cyprus, Lebanon, Egypt & Jordan	17	\$11,980	J. Yersin, J. Rossouw, J. Christensen, L. Murphy, G. Fasanelli, R. Wixman, S. Langley, H. Williams
Nov 6	Voyage through the Red Sea: Jordan, Egypt, Saudi Arabia, Sudan & Eritrea	17	\$11,980	J. Gneiser, J. Rossouw, J. Christensen, L. Murphy, G. Fasanelli, R. Wixman, A. Langdale, S. Sidebotham, E. Teeter
Nov 14	Iran: Wonders of Persia	14	\$8,980	G. Wintz
Nov 25	Treasures of Arabia: Oman, United Arab Emirates, Bahrain, Qatar & Dubai	13	\$9,480	L. Oprea, J. Grove, J. Christensen, G. Homel, R. Wixman, K. Saunders, A. Langdale, J. Valencic, S. Sidebotham
Nov 30	Uganda: A Trekking Adventure	14	\$12,980	J. Rossouw, S. Bellingham
Dec 7	Southern India by Sea with Sri Lanka	15	\$9,980	L. Oprea, J. Christensen, L. Murphy, M. Brazil, G. Homel, R. Wixman, K. Saunders, A. Langdale, S. Campbell
Dec 17	India & the Maldives with Sri Lanka & Lakshadweep	18	\$10,980	L. Oprea, J. Christensen, L. Murphy, G. Homel, A. Langdale, J. Nicholson, C. Ward
Dec 26	Antarctica, South Georgia & the Falkland Islands	22	\$15,980	R. Evans, S. Metz, P. Harrison, L. Greig, M. Murphy, B. Stephenson, R. Price, T. Baughman, G. Renner
Jan 13, 2012	Ultimate Seychelles with Aldabra Atoll	15	\$10,980	J. Gneiser, J. Grove, J. Rossouw, J. Christensen, M. Moore, L. Mair, G. Lake, G. Fasanelli, L. Chong Seng
Jan 13	Antarctica, South Georgia & the Falkland Islands	22	\$16,980	R. Evans, K. Clement, L. Wurzrainer, M. Murphy, B. Stephenson, C. Field, R. Price, J. Wilson, T. Sharpe, L. Sanson
Jan 24	Classic Seychelles with the Comoros & Zanzibar	18	\$11,980	M. Moore, S. Metz, P. Harrison, L. Greig, L. Mair, R. Pagen, L. Chong Seng, L. Bowman, G. Lake
Jan 27	Myanmar & Laos: Land of a Thousand Temples	19	\$9,780	G. Wintz
Feb 2	Snow Monkeys & Cranes	19	\$12,980	M. Brazil
Feb 4	Back to Africa with Lex Hes: Safari to Namibia, Botswana & Zambia	21	\$18,980	L. Hes
Feb 19	Voyage to Madagascar with Mauritius, Réunion, Comoros & Zanzibar	19	\$12,480	M. Moore, S. Metz, P. Harrison, J. Rossouw, K. Clement, L. Greig, L. Mair, G. Fasanelli, M. Murphy, R. Pagen, L. Bowman, S. Campbell
Feb 27	Iran: Wonders of Persia	14	\$8,980	G. Wintz
Mar 4	Mozambique Odyssey with Tanzania & South Africa	18	\$11,980	M. Messick, J. Rossouw, K. Clement, L. Greig, M. Moore, L. Hes, L. Mair, M. Murphy, G. Fasanelli, D. Conrad
Mar 17	Wild India	19	\$10,980	M. Brazil
Mar 18	South Africa & Namibia By Sea	18	\$12,980	M. Messick, J. Rossouw, K. Clement, L. Greig, M. Moore, J. Yersin, G. Fasanelli, D. Conrad, S. Campbell
Mar 26	Jungle Rivers of South America	16	\$10,980	R. Evans, J. Christensen, R. Cahill, C. Field, M. Liechtenstein, P. Trail, C. Weston, D. Wille

To view our full line-up, please visit www.zeco.com/calendar.

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ZEGRAHM NEWS



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A Taste of Sicily

On our recent **Circumnavigation of Sicily**, travelers enjoyed daily doses of traditional Sicilian cuisine. One of the dishes that people couldn't get enough of was *arancini*, which literally translates to "little oranges" due to their color and shape. These little rice balls are a great way to use up leftover risotto and are served everywhere from food stalls to five-star restaurants throughout Sicily. Below is a recipe to re-create this Sicilian classic at home. Consider serving them as antipasti at a party or with a green salad for a light meal. This recipe is made with fresh mozzarella, but they may also be stuffed with meat sauce, tomato sauce, and/or peas.

For an authentic Sicilian experience, enjoy them with a glass of wine made with the nero d'avola grape or taste them for yourself on our upcoming **Sicily with Montenegro, Croatia, Albania, and Greece** expedition, departing September 1, 2011.

Arancini Recipe

3 cups leftover cooked risotto

1/2 cup grated Parmesan

2 Tbsp heavy cream

2 Tbsp minced fresh flat-leaf parsley, chives, oregano, or basil

1 large egg yolk

Salt and freshly ground pepper

5 oz fresh mozzarella

All-purpose flour for dredging

Egg wash: 1 large egg whisked with 2 Tbsp cold milk or water

1 cup fresh white bread crumbs or panko

Vegetable oil for deep-frying

In a large bowl, combine the risotto with the Parmesan, cream, herbs, and egg yolk. Season with salt and pepper.

Cut the cheese into 16 cubes. Scoop up about 3 Tbsp of the risotto mixture and pack it around a cube of cheese to make a croquette, a ball the size of a ping-pong ball. Repeat to form 16 croquettes.

Put the flour, egg wash, and bread crumbs in 3 separate bowls. Dredge the croquettes in the flour, dip in the egg wash, and roll in the bread crumbs. Chill thoroughly, 2 – 24 hours.

Pour oil into a tall pot to a depth of 5 inches. Heat the oil over medium-high heat until it registers 375°F on a deep-frying thermometer. Deep-fry the croquettes in batches, without crowding, until they are evenly browned, 4 – 5 minutes. Using a slotted spoon or tongs, transfer to paper towels to drain briefly. Serve on a pool of warmed tomato sauce, garnished with fresh basil.