

## Corn Fritters (GF)

*Recipe source: Modified from Corn fritters with jalapeno butter and heirloom tomato salad by Neil Perry*

*Fresh from the garden* corn, coriander

<u>Equipment</u>	<u>Ingredients</u>
Chopping boards	1 cup rice flour
Knives	1 cup GF plain flour
Tea towels	1 tsp baking powder
Measuring Cups	2 tsp fine sea salt
Measuring spoons	4 tsp ground coriander
Scales	4 tsp ground cumin
Citrus Juicer	2 extra-large eggs, beaten
Mixing bowls	4 tsp lemon/lime juice
Fry pans	1 cup water
Slotted lifter	700g corn kernels (6 large corn cobs)
Tongs	4 spring onions, finely sliced
Baking trays	4 tbsp chopped coriander
Paper towel	vegetable oil, for shallow frying (or use
Air Fryer	air fryer for non-fat option)

### ***What to do***

Measure out 1 cup rice flour

Measure out 1 cup GF plain flour

Measure out 1 tsp baking powder

Measure out 2 tsp fine sea salt

Measure out 4 tsp ground coriander

Measure out 4 tsp ground cumin

Add the rice flour, GF plain flour, baking powder, salt, coriander and cumin to a large a bowl.

Break 2 eggs into a bowl and beat well.

Juice 2 lemons or limes and add 4 tsp juice to the eggs.

Measure out 1 cup water and add to the eggs and juice.

Add the egg mixture to the flour and beat to a smooth batter.

Remove corn kernels from the corn cobs and weigh 700g. (add any extra kernels to the Tomato salad).

Cut roots from 4 spring onions and chop spring onions into small pieces.

Chop coriander very finely and measure out 4 tblsp.

Add corn, spring onions and coriander to the batter, then stir to combine.

Heat vegetable oil in a large, non-stick frying pan to medium heat.

When the oil is hot, spoon a little less than ¼ cup of the fritter mixture into the pan and flatten gently with the back of a spoon. Add 3 extra serves of fritter mixture to the pan.

Cook the fritters for 2-3 minutes on each side until golden brown.  
Drain on absorbent paper and keep warm until ready to serve.

Note: For fat free fritters, bake in Air fryer at 200C for 5 minutes.

**To serve**

Serve Tomato Salsa and Tomato Salad

ENJOY!