

Season:	summer
From the garden:	sweetcorn, parsley, coriander, spring onions, chilli
Type:	light meal
Difficulty:	easy
Serves:	makes 8-10 fritters
Recipe Source:	<i>Catherine Bell, Garden to Table Trust</i>

Equipment:

- medium saucepan
- electric kettle
- chopping board
- 2 mixing bowls
- whisk or egg beater
- measuring cups and spoons
- frying pan

Ingredients:

- 2 corn cobs
 - 2 spring onions
 - 1 small fresh chilli
 - small handful each parsley and coriander leaves
 - 2 eggs
 - ½ cup flour
 - 2 tablespoons milk
 - salt and pepper
 - butter for cooking
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How to make it

1. Husk the corn and remove all the corn silk.
2. Boil the kettle. Put the corn in the saucepan and cover with boiling water. Place on a hot element on the stove and continue boiling for 3-4 minutes. **A**
3. Remove from the water with tongs and refresh under cold water.
4. Very carefully cut the kernels off the corn cob, using a sharp knife. **A**
5. Chop the spring onions and the herbs and de-seed and finely chop the chilli (*it's a good idea to wear disposable gloves for this job*).

6. Separate the eggs – put the yolks in one bowl and the whites in another bowl, making sure that bowl is very clean and grease-free.
7. Whisk the yolks till smooth then add the milk, flour and season with salt and pepper.
8. Add the corn kernels, herbs, spring onion and chilli.
9. Whisk the egg whites to soft peaks. *This is when the peaks flop over a little bit when you lift the beaters out.*
10. Using a metal spoon, take a large spoonful of beaten egg white and mix it gently into the corn mixture. *This is called loosening the mixture.* Then gently fold in the remaining egg whites.
11. Melt a knob of butter in the frying pan over a medium heat. Drop in dessert spoonfuls of batter and cook until golden on one side. Carefully turn them over with a spatula and cook until just cooked through in the centre and golden on both sides. Keep them warm in the fold of a clean tea towel until they are all cooked.

Serve with:

No-Cook Tomato Coulis or Aubergine and Tomato 'Salad' or sour cream and guacamole.

Variations:

add other herbs such as chives or basil

add some finely chopped red capsicum or some crumbles feta cheese to the batter.

Skills:

husking corn and cutting off the kernels

whisking egg whites

folding in egg whites

Notes:

Corn fritters are perfect for breakfast with a poached egg or for lunch with a green salad. They are great on a picnic too.

A – adult help required