



COURGETTE AND CORN FRITTERS

Season:	Summer, autumn
From the garden:	Courgette, corn, eggs
Type:	Snack or main
Difficulty:	Easy
Country of origin:	
Serves:	6 serves or 30 tastes
Source:	carolinescooking.com

Equipment

- *chopping board and knife**
- *bowls**
- *measuring cup and spoons**
- *grater**
- *clean tea towel**
- *mixing spoon**
- *spatula**
- *frying pan**
- *colander**

Ingredients

- *4 med. courgette**
- *2 corn cobs**
- *1 red onion**
- *1 cup grated cheese**
- *2 eggs**
- * $\frac{2}{3}$ cup plain flour**
- *1 tsp baking powder**
- *1 tsp salt and pepper to taste**
- *oil for frying**

Method

- 1.grate the courgette**
- 2.peel the onion and grate as well**

3. put the grated courgette and onion in colander and place over a bowl, sprinkle with salt
4. leave the courgette to drain for about 10 minutes
5. microwave the corn with husk on for about 6 minutes
6. grate the cheese and break the eggs into bowl
7. peel the corn and cut the kernel of the cob
8. place the grated courgette and onion into a clean tea towel, fold the corners together and squeeze as much liquid out as possible
9. place all the ingredients into a bowl and mix
10. heat some oil in a frying pan and add around a tablespoon of courgette mixture per fritter into the hot pan
11. press down with the back of a spatula and cook for around 3 minutes until browned, then flip over and cook on the other side
12. keep the cooked fritters warm under a tea towel while you finish cooking the rest

Notes: The fritters can be served with some sour cream, sweet chilli sauce or a salad

Skills: measuring, *mixing*, *grating*, *frying*