



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

- *2 med. courgette
- *4 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*