



SWEETCORN AND COURGETTE FRITTERS WITH HERB DIP

Season: Summer
From the garden: Sweetcorn, courgette, fresh herbs, eggs, garlic
Type: Lunch, snack, breakfast
Difficulty: Easy
Country of origin:
Serves: 8-10 fritters
Source: Cathrine Bell, Garden to table Trust

Equipment

- *saucepan
- *chopping board
- *knife
- *mixing bowls
- *wisk or egg beater
- *measuring cups and spoons
- *frying pan
- *grater
- *spatula
- *metal spoon

Ingredients

- *2 corn cobs and 1 medium courgette
- *2 spring onion or half a red onion
- *small handful of parsley, coriander or chives
- *2 eggs
- * $\frac{1}{2}$ cup self raising flour
- *2 tbsp milk
- *salt and pepper
- *oil or butter for frying

Herb Dip:

- *garlic press
- * $\frac{1}{2}$ cup sour cream
- *mixing bowl
- * $\frac{1}{2}$ cup mayonnaise

*chopping board

*knife

*citrus juicer

*spoon

*fresh herbs like chives, parsley, sorrel etc.

*juice of half a lemon

*1 clove garlic

*salt and pepper

Method

1. Husk the corn and remove all the corn silk

2. Put the corn in the saucepan and cover with boiling water. Place on the stove and boil for around 5 minutes

3. Drain the corn and refresh under cold water

4. Carefully cut the kernels off the cob, using a sharp knife

5. Grate the courgette, and squeeze as much liquid out as possible. You can put the grated courgette in a clean tea towel and twist it tightly to squeeze liquid out

6. Chop onions and herbs

7. Separate the eggs-put yolks in one bowl and whites in another bowl

8. Whisk the yolks and then add the milk, flour and season with salt and pepper

9. Add the corn kernels, herbs, onion and courgette

10. Whisk the egg whites to soft peaks

11. Using a metal spoon, mix the egg whites gently into the corn and courgette mixture

12. Melt butter or heat oil in a frying pan over medium heat and drop in spoonfuls of batter and cook until golden brown on one side. Carefully turn them over with a spatula and cook on the other side. Keep them warm in the fold of a clean tea towel until they are all cooked

13. For the herb dip, wash and chop herbs finely, peel and mince the garlic and juice the lemon. Add all the ingredients into a bowl and mix. Season with salt and pepper. Chill

Notes: Corn fritters are great for breakfast with a poached egg on top

Skills: measuring, *mixing*, *cutting*, *whisking*