

TASTE WITHOUT WASTE

Corn Fritter Stack

Makes 6 10cm diameter fritters. Serves 3.

Ingredients

50g besan (chickpea) flour

½ tsp baking powder

Pinch salt

Pinch paprika

Pinch chilli powder

1 egg

60ml milk

150g sweet corn kernels, either canned or cut from the cob

1 small red capsicum, deseeded and finely chopped

4 spring onions, white part only, finely chopped

Handful fresh coriander, finely chopped, plus another handful of leaves for garnish

Sunflower oil for frying

To serve:

50g haloumi per person, cut into a rectangle approximately 8cm by 6cm and 0.5cm thick

1 cup baby spinach per person

Tomato relish/[tomato onion jam](#)

Method

Sift flour, baking powder, salt, paprika and chilli powder into a bowl.

Make a well in the centre and crack in the egg with a little milk. Use a balloon whisk and slowly incorporate the flour into the egg.

Gradually add the rest of the milk, continuing to whisk in a circular motion until all flour is incorporated and the batter is smooth. Cover with cling film and refrigerate for at least thirty minutes.

Turn on oven to a low heat (to keep fritters warm whilst others are cooking).

Add sweet corn, capsicum, spring onions and coriander. Stir together until just combined.

Heat about a tablespoon of oil in a medium sized fry pan. Once shimmering, reduce heat and dollop a third of a cup of mixture into the pan to form a roughly circular patty. Repeat with another third of a cup – you should be able to cook at least two at once. Cook for about two minutes or until browned and firm on the bottom. Use a spatula to carefully flip over and cook a further two minutes.

Transfer to a plate covered in kitchen paper and keep warm in the oven. Continue the process until all of the batter is used up. Add a little more oil to the pan if necessary.

When on the last batch of fritters, wilt the spinach in another frying pan with a drop of boiling water and a good grind of black pepper and sea salt.

Once the last fritters have been cooked, tip out any remaining oil and return pan to a low heat. Cook haloumi for 1-2 minutes either side or until golden brown.

To serve, dollop spinach on the centre of a plate. Place a fritter on top, then the slice of haloumi, then a second fritter. Top with a good tablespoon (or however much you like) of relish/onion jam and then the fresh coriander leaves.

Source: A Taste Without Waste original (inspired by Gather on the Green café, Newtown, Australia).

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