

Ingredients needed for: ____/____/____ Name: _____

SWEETCORN AND SPRING ONION FRITTERS

Ingredients

150g self-raising flour
1 egg
2 spring onions
1 small tin sweetcorn (165g drained)
100ml semi-skimmed milk

Optional extras:

- 1 red chilli
- Small bunch of soft herbs
- ½ pepper
- 25g parmesan cheese

Equipment

Mixing bowl
Chopping board
Knife
Non-slip mat
Tablespoon
Jug
Whisk
Large non-stick frying pan
Cooling wire



Method

1. Finely slice the spring onions and any other ingredients. Drain the sweetcorn from the juice in the tin and set aside.
2. Sift the flour into a bowl.
3. Add the egg and milk, and season with salt and pepper. Whisk together to form a thick batter.
4. Tip the sweetcorn into the mixture and fold in with any other ingredients.
5. Place a large non-stick frying pan on a medium heat and add a little oil.
6. Add one large spoonful of mixture to the pan and leave for 3-4 minutes without moving.
7. After this time, gently lift the pancake with a palette knife or fish slice and quickly turn over – it should be lightly golden brown on the underside.
8. Cook for 2-3 minutes on the other side, remove to a cooling wire, then cook the rest in batches.
9. They can be reheated in the microwave or oven on a baking tray, or eaten cold.