

Eat a Rainbow Recipes

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Corn Fritters

Ingredients:

- 1 cup self-raising flour
- ½ cup buttermilk
- 2 eggs
- 420g can corn kernels, drained
- 310g can creamed corn

Equipment:

- 2 large bowls
- Whisk
- Metal stirring spoon
- Spatula
- Non-stick electric frypan
- Serving plate

Method:

1. Place flour in large bowl and make a well in the centre.
2. Whisk buttermilk and eggs in another bowl.
3. Add to flour with corn kernels and creamed corn. Using a large metal spoon, gently stir ingredients together until just combined (don't overmix).
4. Heat non-stick frying pan over medium heat. When hot, remove from heat. Spray with oil. Return frying pan to heat.
5. Add heaped tablespoonfuls of mixture. Cook for 2 minutes or until bubbles appear on surface. Turn. Cook for further 2 minutes or until fritters are firm to touch

Variation:

Add some chopped chives for extra flavour.