

# Zucchini, Carrot & Corn Fritters

Source – Women’s Weekly ‘In Season’

**Harvest** – corn, zucchini, carrot

**Vocab Words** – metric, grating, seasoning, garnish, colander/sieve, corn husk, corn cob, corn kernel

**Skills** – separate eggs (1x1), beating, fold egg whites, grating, cut corn kernels, frying,

Equipment:	Ingredients:
<ul style="list-style-type: none"><li>· Metric measuring cups and spoons</li><li>· Chopping boards and grips</li><li>· Compost bowls</li><li>· Saucepan</li><li>· Colander or sieve</li><li>· Bowls – small and large</li><li>· Electric beaters</li><li>· Large spoon</li><li>· Frying pan and flip</li><li>· Serving Items – platters and tongs</li></ul>	<ul style="list-style-type: none"><li>· 3 corn cobs, husk removed, cut into 3-4 pieces</li><li>· 3 small zucchini or 1-2 large, grated</li><li>· 3-4 carrots, peeled and grated coarsely</li><li>· 4 eggs, separated (1x1)</li><li>· 1 - 1 ½ cups plain flour (or rice flour)</li><li>· Salt and pepper, for seasoning</li><li>· 3-4 tablespoons water</li><li>· Oil, for frying</li><li>· Parsley, for garnish</li></ul>

## What to do:

1. Wash all garden ingredients and prepare all ingredients based on instructions in the ‘Ingredients’ list.
2. Cook corn in saucepan of boiling water for 3-5 minutes until cooked then cool and cut kernels from cobs (stand upright to cut and only cut off the yellow corn kernels, not the harder core).
3. Grate zucchini into a colander (or on a chopping board and then put into a colander) and squeeze out excess water.
4. Combine zucchini, corn, carrot, egg yolks, flour and the water in a medium bowl and season.
5. Beat egg whites with an electric mixer until soft peaks form.
6. Gently fold egg white into vegetables mixture.
7. Shape into 24-30 fritters.
8. Heat oil in frying pan over medium heat and cook fritters, in batches, for 2 minutes each side or until browned and cooked through.
9. Serve warm.

**Notes:** fritters can be made using a variety of different ingredients.