



The Larder presents...

IN FRITTERS WE TRUST



PREP: 10min
COOK: 5min



MAKES: 7-8 Fritters

YOU WILL NEED:

INGREDIENTS BASIC FRITTER

BATTER:

- 1 Cup Self Raising Flour (Plain Flour add ½ tsp Baking Powder)
- 1 Egg (beaten)
- ¾ to 1 Cup Milk
- Oil (frying)

***Batter will be split to make savoury and sweet fritters**

INGREDIENTS SAVOURY FRITTER:

- Basic Fritter Batter
- 1 Potato (peeled and grated)
- Salt (Sprinkle)
- 1 Onion (peeled and grated)

INGREDIENTS SWEET FRITTER:

- Basic Fritter Batter
- 1 Tbsp Sugar (OPTIONAL extra for sprinkling on cooked fritters)
- 1 Apple (peeled and cut into slices)

***Allergy Statement: "Recipe items may contain or come into contact with WHEAT, EGGS, PEANUTS, TREE NUTS, and MILK."**

YOU WILL NEED:

EQUIPMENT:

- Cup (for measuring)
- Tablespoon (Tbsp)
- Teaspoon (Tsp)
- Chopping Board
- Sharp Knife
- Vegetable Peeler
- Grater
- Plate
- Kitchen Paper
- 3 Mixing Bowls
- Whisk or Wooden Spoon
- Frying Pan
- Spatula or Slice
- Hob

REMEMBER:

Always wash your hands thoroughly before touching and preparing ingredients.

METHOD:

1. **ALWAYS START BY** - Washing your hands thoroughly
2. **Gather** together all the equipment and ingredients
3. **Prepare** the **potato** (peel and grate) and **onion** (peel and grate)
4. **Measure** the **flour (1 cup)** and **place** into a **mixing bowl**
5. **Whisk** the **egg** and **add in the milk**, then **pour the egg/milk mix** into the **flour**
7. **Beat** the **mixture together (use a wooden spoon or whisk)** until you have a **smooth batter**
8. **Split** the **batter** into **2 bowls** (1 savoury and 1 sweet)

BOWL ONE – SAVOURY FRITTERS

9. **Spread** the **grated potato on** to a **plate** and **sprinkle** with **salt**
10. **Squeeze** the **grated potato AND onion** firmly to **remove** any **liquid** and **pat dry** using **kitchen paper**
11. **In a different mixing bowl add** the **potato** and **onion** and **stir together**
12. **Add** just **enough batter to bind** the **potato/onion mix together**, **stirring well**

BOWL TWO – SWEET FRITTERS

13. **Prepare** the **apple** (wash, peel and cut into slices)
14. **In the second batter mix add** the **apple slices** and **stir well**

COOK FRITTERS - (SAVOURY AND SWEET)

13. **Turn** the **hob** to a **medium heat** and **add oil** to **frying pan** to **heat**
15. **Once hot, CAREFULLY** place a **tablespoonful of mixture** in the **pan** and **repeat** until the **space is used up***(start with savoury mix, then the sweet mix)

*** REMEMBER:** Allow a little **room** for the **batter mixture** to **spread** whilst **cooking**

16. **Flatten** each **fritter** with the **back of a spoon** and **fry** each **side** for **2 minutes** **until** **golden** and **crispy**

18. **Carefully turn** the **cooked fritters out** of the **pan on** to **kitchen paper**

YOU CAN SPRINKLE A LITTLE EXTRA SUGAR, HONEY OR YOGHURT OVER YOUR SWEET FRITTERS.

THE LARDER TOP TIPS:

- Get creative and experiment with other grated fruit and vegetables. Try courgettes, or sweetcorn for savoury fritters or bananas and peaches for sweet fritters. The list is endless!

NUTRITION KNOW HOW:

1. **Tell the Larder what you have learnt...**

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- **Video** or **Photograph** your veggie facts along with **YOU** and **THE FOOD** you have made today.
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- **Click on The Larder logo to TAG US and YOU**
- **Add the following hashtags:**
- **#CookingForOurCommunity**
- **#EasterKidsInTheKitchen #TheLarder**
- **#Cooking #Nutrition**

WINNER TO BE ANNOUNCED FOR BEST PHOTO/VIDEO

A BIG THANK YOU

