



The Larder presents.....

FRITTERS



PREP: 10 -15 min
COOK: 5 min



MAKES 7 - 8
Fritters



YOU WILL NEED:

INGREDIENTS BASIC FRITTER

BATTER:

- 1 Cup Self Raising Flour (Plain
 - Flour add Y2 tsp Baking Powder)
 - 1 Egg (beaten)
 - 3/4 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
6. Beat the mixture together (use a wooden spoon or whisk) until you have a smooth batter
7. Split the batter into 2 bowls (1 savoury and 1 sweet)

BOWL ONE — SAVOURY FRITTERS

8. Spread the grated potato on to a plate and sprinkle with salt
9. Squeeze the grated potato AND onion firmly to remove any liquid and pat dry using
10. 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

15. Turn the hob to a medium heat and add oil to frying pan to heat
16. 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
17. 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 drifters 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:

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