

THE LARDER PRESENTS..



REMEMBER: ALWAYS WASH YOUR HANDS THOROUGHLY BEFORE TOUCHING AND PREPARING FOOD

VEGETABLE FRITTERS



15 mins



7-8 Fritters



Basic Fritter Batter:

- 1 cup self-raising flour (plain flour add $\frac{1}{2}$ tsp baking powder)
- 1 egg (beaten)
- $\frac{3}{4}$ to 1 cup milk
- Oil (frying)



*Batter will be split to make savoury and sweet fritters



Savoury Fritter

- Basic fritter batter
- 1 potato (peeled and grated)
- Salt (sprinkle)
- 1 onion (peeled and grated)

Sweet Fritter

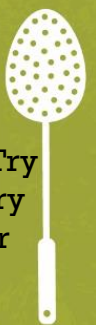
- Basic fritter batter
- 1 tbsp sugar (OPTIONAL extra for sprinkling on cooked fritters)
- 1 apple (peeled and cut into slices)

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

THE LARDER TOP TIP:

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!

EQUIPMENT



INGREDIENTS

ALLERGY INFO: RECIPE MAY CONTAIN OR COME INTO CONTACT WITH WHEAT, EGGS, PEANUTS, TREE NUTS AND MILK

THE LARDER, 50 LANCASTER ROAD, PRESTON, LANCASHIRE, PR1 1DD

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METHOD



**REMEMBER: ALWAYS
WASH YOUR HANDS
THOROUGHLY BEFORE TOUCHING
AND PREPARING FOOD**

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

BOWL ONE – SAVOURY FRITTERS

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

BOWL TWO – SWEET FRITTERS

11. Prepare the apple (wash, peel and cut into slices).
12. 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.
14. Once hot, CAREFULLY place a tablespoonful of mixture in the pan and repeat until the space is used up* (start with savoury mix, then sweet mix).

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

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

LIKE AND TAG THE LARDER

SHARE YOUR PHOTOS OF YOU SHOPPING,
COOKING AND ENJOYING THE RECIPES

KIDS
in the
KITCHEN



PLEASE TAG YOUR
PHOTOS WITH
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