

# SWEETCORN AND FETA FRITTERS



This is an extract from  
**JAMIE'S FARM COOKBOOK**

## Makes 8–10 fritters

100g plain flour  
1 tsp baking powder  
2 large eggs, separated  
125g sweetcorn  
2 spring onions, finely chopped  
1 red chilli, deseeded and diced  
Handful of chopped parsley  
100g/ml whole milk  
75g feta, cut into small cubes  
Pinch of salt  
Ground black pepper  
Rapeseed oil for cooking

This is an incredibly versatile recipe which also goes down a treat with our young Jamie's Farmers. The method is adapted from Rachel Demuth, owner of a renowned vegetarian cookery school in Bath. You can substitute the sweetcorn and feta for a range vegetables and cheeses (such as peas, courgettes, and parmesan) so feel free to get creative and use whatever you have in the garden or fridge.

1. Sift together the flour and baking powder, before adding the egg yolks, sweetcorn, spring onion, chilli and parsley.
2. Add the milk gradually, stirring constantly until smooth. Add the feta and season with salt and pepper.
3. In another bowl whisk the egg whites until they form soft peaks. Fold them into the batter trying not to knock the air out (this keeps them light and fluffy)
4. Heat a large frying pan and add 1 tsp of oil. Using a large spoon or ladle add dollops of batter roughly 6cm in diameter to the pan and fry on both sides until golden.

