

Shishito, Corn & Butternut Squash Fritters

40 minutes

Based on a recipe by Yotam Ottolenghi

Ingredients (serves four)

3 eggs
1/2 cup coconut milk
Flour blend (75 grams (2/3 cup) self-rising flour, 30 grams cornstarch (1/4 cup))
Spice blend (3/4 tsp ground cumin, 1 1/2 tsp ground coriander, 1/2 tsp turmeric)
2 1/2 tbsp coriander seeds
1/4 to 1/2 of squash (butternut or similar)
2 cobs of corn (or 300 grams of frozen)
3 green onions
1 cup chopped cilantro leaves
1/2 chili
1 cup sunflower oil
150 grams of shishito peppers
1 lime
Salt and black pepper



Instructions

1. Peel and grate squash. You should end up with about 1 3/4 cups of grated squash. Cut the kernels off of the corn cobs and set aside.
2. Finely slice green onions (both white and green parts) and set aside. Wash and roughly chop cilantro. Finely mince chili.
3. Put a small pan on medium heat and toast coriander until golden brown and fragrant. Lightly crush when cool enough to handle.
4. In a large bowl, mix together flour blend, spices (including toasted coriander), 1 1/2 tsp of salt, and a good grind of black pepper.
5. Add the squash, corn, green onion, cilantro, chili, coconut milk, 3 eggs, and mix well.
6. Pour about one cup of sunflower (or other high heat oil) into a large sauté pan or cast iron and heat over medium high.
7. When oil is hot add about 3 tbsp of fritter mixture carefully into the pan at a time. Cook for 2 minutes, then press a shishito pepper into the top of each fritter. Continue to cook for an additional minute before flipping over and cooking for another 3 minutes, pepper-side down.
8. Remove fritter from the pan and place on a paper towel-lined plate. Continue until all fritters have been cooked.
9. Serve warm with a lime wedges alongside and a simple salad or coleslaw to complete the meal.
10. Enjoy!

Check out the video at <https://tobermorymeetingplace.com/food-programs/good-to-go/>