

Sweetcorn Fritters with Sage Leaves and Herb and Yoghurt Dressing

Equipment:

Baking tray
Chopping board
Large knife
Fork
Bowls - 1 small, 2 medium, 1 large
Tea towels
Small serving bowl
Metric measuring spoons and cups
Plate
Kitchen paper
Non-stick frying pan
Egg lifter
Scales
Small saucepan
Whisk
Wooden spoon
Serving plate

Ingredients:

3 cobs sweetcorn
20 large sage leaves
10 chives
10 stalks parsley
1 cup yoghurt
 $\frac{1}{3}$ cup extra virgin olive oil
1 egg
275 grams coarse polenta (cornmeal)
 $\frac{1}{4}$ cup plain (all-purpose) flour
 $\frac{1}{2}$ teaspoon salt
1 teaspoon bicarbonate of soda (baking soda)
40 grams butter
2 cups buttermilk

What to do:

1. Preheat the oven to 150°C and place the baking tray in the oven to keep warm.
2. Set out the chopping board and knife. Stand the corn cobs on the chopping board and, using the fork, rake over the kernels to release the milky cream within. Cut the kernels from each cob. Put the kernels and liquid into the small bowl (you should have 1¼-1½ cups of rather sloppy sweetcorn).
3. Rinse the sage, chives and parsley and dry by rolling in the tea towel. Chop the chives and parsley and place in the small serving bowl. Add the yoghurt, stir to combine, then set aside. Line the plate with kitchen paper. Heat a little of the oil in the frying pan and fry the sage leaves over a medium heat until crisp. Scoop the leaves onto the paper-lined plate, then put into the oven to keep warm.
4. Set out the 2-medium bowls. Separate the egg by cracking it, then tipping it into your cupped hand, which should be held over one of the bowls. Separate your fingers and let the white slip into the bowl, then place the yolk in the other bowl.
5. Measure the polenta and flour, then place them in the large bowl, along with the salt and bicarbonate of soda.
6. Melt the butter in the small saucepan over a medium heat.
7. Add the buttermilk and melted butter to the egg yolk and whisk to combine. Make a well in the dry ingredients and pour in the buttermilk/egg yolk mixture. Mix well with the wooden spoon, then stir in the sweetcorn.
8. Wash and dry the whisk, then whisk the eggwhite until soft peaks form. Fold the eggwhite into the batter using the spoon.
9. Add a little more of the oil to the frying pan and place over a medium heat. Make a fritter by placing a tablespoonful of batter in the frying pan. Keep going until the pan is full, but not overcrowded. Cook for 3-4 minutes, until bubbles form, then flip over and cook on the other side. Transfer the cooked fritters to the warmed baking tray and return the tray to the oven. Repeat with the remaining mixture, adding a little extra oil to the frying pan after each batch.
10. When all the fritters are ready, arrange on the serving plate with the bowl of herb yoghurt at the centre. Place a crisp sage leaf on the top of each fritter.