



GREENS AND CHEESE FRITTERS

Season: summer
From the garden: greens, herbs, silverbeet, eggs.
Type: main
Difficulty: medium
Serves: 8 adults as a starter / 25-30 tastes in the classroom
Recipe source: Laura Cornelius, Kitchen Specialist, Te Huruhi Primary, Waiheke

Equipment

- sieve or flour sifter
- measuring spoons and cups
- liquid measuring jug
- chopping boards
- serrated chopping knife
- chef's knife
- whisk or fork
- large frying pan
- small ladle or serving spoon
- large mixing bowl,
- small bowl
- grater
- fish slice
- serving plate
- side plates

Ingredients

- ½ cup flour
- 1 teaspoon baking powder
- 2 eggs
- ¼ cup milk
- 200 grams greens from the garden e.g. spinach, silverbeet or kale
- 1 tablespoon chopped herbs e.g. parsley, mint
- 50 grams onion or spring onion
- 100 grams grated cheese or crumbled feta
- 1 clove garlic
- freshly ground black pepper and salt to taste
- sunflower oil

To serve:

- plain, unsweetened yoghurt (optional)
 - lemon juice and chopped fresh mint (optional)
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How to make it:

1. Sift the dry ingredients (flour and baking powder) through the sieve into a large mixing bowl.
2. Break the eggs into a small bowl, add the milk and whisk to mix together

3. Make a well in the dry ingredients then pour the wet ingredients (the egg / milk mixture) into the middle. Use a whisk or a wooden spoon to mix it together to make a smooth batter.
4. Wash and dry the garden greens. Remove the leaves from the stem. Finely chop the stems then the leaves and the onion or spring onion. Add to the batter.
5. Grate the cheese and add to the batter.
6. Season with black pepper and salt to taste. Mix well with a wooden spoon until all the seasoning, greens and cheese are fully incorporated into the batter.
7. Heat a frying pan over medium heat. Add ½ cm sunflower oil. When the oil hot test a drop of the mixture in the frying pan - you want it to sizzle gently.
8. Once the frying pan and oil are at the right heat, place spoonfuls of the fritter mixture to make 4-5 small fritters. Fry the fritters for 3 minutes then flip them over carefully and cook for another 3 minutes until golden. Use the fish slice to transfer them to the serving plate and keep warm in a low oven (50-60°C) until all the fritters are made.
9. Repeat until all the fritter mixture has been used.
10. Mix the yoghurt with lemon juice to taste and add freshly chopped mint. Serve with the fritters.

Notes

- The easiest way to chop large leafy greens is to lay them flat on top of each other and starting at one end roll them up tightly. Then slice finely across the roll. If you require something even finer you can then chop across again.

Glossary:

- **Batter:** A mixture usually made from flour, eggs and milk, sometimes with a rising agent such as baking powder, beer or yeast. It is used to make pancakes, waffles, cakes etc. The mixture can be thick or thin and can also be used to coat foods before frying.