

Baked Spicy Corn Fritter

MRC

Human
Nutrition
Research

Ingredients

170g Chakki Atta Flour
¼ tsp Baking Powder
¾ tsp Salt
1½ tsp Ground Coriander
½ tsp Ground Cumin
½ tsp Garam Masala
1 egg
10ml Lemon Juice
120ml Warm Water
120ml 1% Milk
350g Sweetcorn
6 Spring Onions - diced
15g Fresh Coriander - chopped
1tsp Garlic Paste

Method

- Preheat oven to 220°C Gas Mark 7.
- Add the dry ingredients to a large mixing bowl and mix well.
- Gradually add the egg, lemon juice and water and mix until all combined.
- Add the milk and mix on medium speed to produce a thick batter.
- With a large spoon, stir in the corn, spring onions, coriander and garlic.
- Either drop rounded tablespoons of the batter onto lined baking sheets, or fill the tray to make a large fritter for cutting.
- Bake on the middle shelf for 10 minutes and then flip the fritter/s over for a further 10 minutes to brown both sides.
- Serve with a dipping sauce.