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**Botanic Cottage Community Cook Club 25th June 2020**

**Sweetcorn fritters with poached eggs and tomato salsa**

Ingredients

For the fritters

* 1 large tin sweetcorn (around 350g) or 2 small (look for no added sugar)
* 4 spring onions, finely chopped
* 4 heaped tablespoons gram flour
* 1 egg, beaten
* 1 tablespoon olive oil
* 100ml water
* Salt and pepper
* ½ tsp ground cumin (optional)

For the salsa

* 250-300g tomatoes
* 1 tsp olive oil
* 1 tsp white wine vinegar
* ½ a large red chilli, very finely chopped (optional)
* Salt and pepper

also

* 1-2 eggs per person

To serve

* Chopped coriander leaves and a wedge of lime (optional)

Serves 4

You will need a frying pan (to cook the fritters), a large and a small bowl, a chopping board and knife, a spatula or fish slice. Also a small saucepan and slotted spoon (for poached eggs).

Method

Fritters

1. Drain the sweetcorn and tip into a large bowl, add the gram flour, chopped spring onion, egg, water, olive oil, a pinch of salt and pepper and the cumin (if using). Mix well ensuring there are no lumps of flour.

2. Heat a little oil in your frying pan over a medium heat.

3. To make each fritter spoon a heaped tablespoon of the sweetcorn batter into the pan and flatten slightly. I get around 4 at a time in my pan.

4. Cook for around 2-3 minutes until the edges and the bottom of the fritter look firm. Flip over and cook the other side. Remove from the pan and keep warm while you continue with the rest of the fritters. You should get at least 12.

Salsa

1. On a chopping board roughly chop the tomatoes and place in a bowl. Add olive oil, vinegar and a pinch of salt and pepper.

2. Finely chop the chilli and add to the salsa.

3. Wash your chopping board and hands very well- make sure not to touch your face when chopping chillies!

4. Garnish with coriander if you wish.

Poached eggs

Again, this is how I do it, other methods also work! If you’re poaching use the freshest eggs you can find. If your eggs are a little older (but still good to eat), personally I would boil them instead (for soft boiled- simmering water, 5 minutes for a medium egg).

1. Bring a small pan of water to a simmer. Add a dash of white wine vinegar.

2. Crack each egg and gently slip into the water.

3. Keep the water at a very gentle simmer. Cook for around 3-4 minutes.

4. Remove with a slotted spoon.

To serve

Arrange 2 or 3 sweetcorn fritters on a plate, top with poached eggs and a generous helping of tomato salsa. Garnish with coriander if using.