Zucchini Fritters

Serves: 6 - 8 or 24 tastes

From the Garden: Zucchini, eggs

Notes for volunteers:
- Focus skills: Separating eggs, whisking egg whites to a stiff peak

Ingredients
3 small or 2 medium zucchini
salt
3 eggs
1 cup natural yoghurt
1 cup self raising flour
pepper

Method
1. Wash and grate the zucchini. Place in a colander over a bowl.
2. Sprinkle the zucchini with salt and leave for 5-10 minutes to draw out some of the liquid.
3. Separate the eggs.
4. Mix together the egg yolks, yoghurt and flour to make a stiff batter.
5. Whip the egg whites until stiff peaks form.
6. Roll the grated zucchini in a tea towel and squeeze out the extra moisture.
7. Mix the zucchini into the batter.
8. Season with pepper.
9. Fold through the egg whites to lighten the mixture.
10. Heat oil in a frypan then drop small spoonfuls of the mixture into the pan to cook. Turn over when the edges start to turn golden and cook the other side.
11. Lift out and place on paper towel before starting the next batch.

Variations:
* Add corn kernels, chopped capsicum, bacon, onion or your favourite herbs.
* Serve with salt flakes, homemade tomato sauce, relish, sour cream, sweet chilli sauce or Ratatouille.

Recipe Reference: Created by Nikki Bird Barooga Public School