

CORN & ZUCCHINI FRITTERS

<i>Ingredients</i>	<i>Equipment</i>
½ Cup Milk/ <i>Soy</i>	Large and small Mixing Bowls
1 Cup Plain Flour/ <i>Gluten Free*</i>	Scales
2 Eggs/ <i>Egg Replacer*</i>	Cup Measures
1 Cup Creamed Corn	Grater
Zucchini, grated	Garlic Crusher
2 Cloves Garlic, peeled & crushed	
1 Spring Onion	Whisk
100 Grams Cheese	Wooden Spoon
1 Rasher Bacon	
Salt and Pepper to taste	Electric Frypan
Vegetable Oil for frying	

**Please refer to the CPS Website for alternative ingredients*

What to do

1. Get out all required equipment
2. Weigh and measure ingredients
3. Grate the zucchini
4. Grate the cheese
5. Peel and crush the garlic
6. Chop the bacon
7. Top and tail the spring onion and cut finely.
8. Whisk the milk and eggs in the large mixing bowl
9. Add the flour into the bowl and whisk well.
10. Add all the other ingredients to the batter and mix well with the wooden spoon.
11. Heat oil in the electric frypan, cook heaped tablespoons of batter about 2 minutes each side or until browned both sides and cooked through. Drain on absorbent paper.