

ZUCCHINI, SPRING ONION AND FETTA FRITTERS

From our garden: zucchini, thyme, eggs, edible flowers

NOTES TO STUDENTS and VOLUNTEER:

1. Read the recipe
2. Collect equipment
3. Collect ingredients
4. Measure all ingredients
5. Follow the method to make the recipe.
6. Please make 1 fritter for each person.

Equipment

- Sifter
- Large knife
- Chopping board
- Large mixing bowl
- Small mixing bowl
- Measuring cups
- Measuring jug
- Scales
- Grater
- Whisk
- Large frying pan
- Tablespoon
- Wooden spoon
- Spatula
- Colander
- Serving platters and serving utensils

Ingredients

- 4 cups zucchini grated
- 3 spring onions
- 2 sprigs thyme
- 4 eggs
- 3 cups self raising flour
- 2 cups milk
- 100g feta cheese crumbled
- pinch salt and pepper
- Vegetable oil for shallow-frying

What to do

- Sift the flour into a large mixing bowl. Form a well in the centre.
- Wash and grate the zucchini. Place in a colander to allow excess water to escape. Use your hands to squeeze out any water.
- Peel and finely slice the spring onion.
- Wash and destem the thyme leaves.
- In a small mixing bowl whisk eggs, milk, salt and pepper until just combined.
- Pour egg mixture into the centre of the flour. Use a fork to gently stir until smooth.
- Add zucchini, spring onion, thyme and crumbled feta cheese. Stir to combine.
- Heat oil in the fry pan over medium heat. Spoon mixture into the fry pan and cook for 2 – 3 minutes or until small bubbles form, turn and cook for another few minutes or until crispy and golden. You should be able to do the fritters in batches of 4 or 5
- Serve on four platters. Don't forget the serving utensils.