

VEGETABLE FRITTERS

From our garden: potatoes, flat leaf parsley

NOTES TO STUDENTS and VOLUNTEER:

1. Please double this recipe
2. Read this recipe first so you understand how to prepare the ingredients.
3. Please make one fritter for each person here today.
4. Focus on your knife skills.

EQUIPMENT

Measuring spoons
Measuring cups
Kitchen scales
Small saucepan
Medium saucepan
Colander
Grater
Fork
Clean tea towel
Chopping board
Large knife
Large frypan
Wooden spoon
Baking tray and baking paper
Serving platters and serving spoons

INGREDIENTS

- 500g potatoes
- 2 tablespoons olive oil
- 1 medium brown onion
- 1 medium carrot
- ½ cup garden peas
- ½ cup corn kernels
- 1 zucchini
- 1 - 2 teaspoons mild curry powder (according to taste)
- ¼ cup chopped flat leaf parsley
- ½ cup self-raising flour
- ½ teaspoon salt
- 2 eggs separated

WHAT TO DO

- Scrub and wash the potatoes to remove all the dirt. Cut the larger potatoes in half. Place the potatoes in a medium saucepan, add cold water to just cover the potatoes and bring to the boil and cook for 8 to 10 minutes or until the potatoes are just tender when tested with a fork. Drain. Return to the saucepan. Use a fork and roughly mash the potatoes.
- While the potatoes are cooking, peel and grate the carrot.
- Grate the zucchini and squeeze out the excess moisture.
- Peel and finely chop the onion.
- Wash and roughly chop the flat leaf parsley.
- In a small saucepan bring a small amount of water to the boil and add the peas and corn and cook for 2 minutes. Drain immediately and set aside.
- Heat the olive oil in a frying pan over medium-high heat. Add the onions and cook, stirring, for 3 minutes or until softened. Add the carrot and zucchini and cook, stirring, for 5 minutes. Add the curry powder and cook for an additional minute.
- In mixing bowl combine the carrot mixture, potatoes, peas and corn. Add the egg yolk, salt, flour and parsley.
- Place the egg whites into a bowl and beat until stiff peaks form. Fold through vegetable mixture.
- Heat a large pan over medium heat. Add a little oil. Use a large tablespoon of mixture to form a patty and cook for 3 - 5 minutes. Turn and cook for a further 3 - 5 minutes. Repeat until all the mixture is used.