

VIDEO LINK > <https://www.youtube.com/watch?v=tcQdK0anCc0>

# Fennel and Pea Fritters with Salsa Rossa

## Ingredients

3 spring onions  
 1 large fennel bulb with stems (3-4 small)  
 1 handful of fennel fronds  
 2 rosemary sticks  
 1 large handful of snow or sugar snap peas (approx. 20)  
 3 large eggs  
 1/3 cup oil  
 1 tsp vegetable or chicken stock powder  
 1 - 1½ cup corn flour  
 Salt and Pepper  
 Oil for cooking- such as sunflower or vegetable



## Relish

1 brown onion  
 ¼ tsp chilli flakes  
 1 red capsicum  
 ½ cup sundried tomatoes in oil (reserve 2-3 Tbsp of oil)  
 1 handful of basil and oregano

## What to do:

- 1) To make the Salsa Rossa, chop the onion in half, peel and slice thinly
- 2) Wash the capsicum and slice into thin pieces
- 3) Chop the sundried tomatoes roughly
- 4) Wash the herbs, spin dry and pick off the leaves. Roughly chop
- 5) Add 2-3 Tbsp of the sundried tomato oil to a pot
- 6) Sautee onion and chilli flakes in the oil for 2-3 minutes
- 7) Add the capsicum and cook until it softens
- 8) Add the sundried tomatoes and cook for 2 minutes. Add the herbs and take off the heat
- 9) Cool the Salsa Rossa. Blend mixture. Add a little water if the mix is too thick. Set aside
- 10) To make the fritters, remove the stems and fronds. Chop the stems thinly. Chop a handful of fronds. Cut the fennel bulbs in half and slice thinly
- 11) Wash the peas. Remove the stems from the peas and chop finely
- 12) Wash and thinly slice the spring onions
- 13) Wash the rosemary, shake off the excess water, pick the leaves and chop
- 14) Add fennel, fronds, peas, spring onion and rosemary to a bowl. Mix in the stock powder
- 15) Whisk the eggs and oil in a jug and add to the bowl. Mix well
- 16) Add corn flour to the bowl, a little at a time, mixing in between until well combined
- 17) Place 2 Tbsp oil in a large frying pan and heat over medium heat
- 18) Cook spoonfuls of the fritter mix for 3-4 minutes each side, turning once and pressing gently to flatten, until crisp and golden
- 19) Rest cooked fritters on a cake rack until all fritters are cooked
- 20) Plate up fritters and serve with the Salsa Rossa

## ***Bonus Creative Challenge***

### ***Diorama Competition***

The Stephanie Alexander Kitchen Garden Foundation is running a dairy farm diorama competition. This is to celebrate their partnership with Saputo Dairy Australia. If you enter the competition, you will give Findon Primary the chance to win a Saputo Dairy Australia Hamper valued at \$1000.

To enter the competition, create a diorama in either a Great Ocean Road, Devondale, Liddells or Sungold milk branded bottle or carton. Your dairy farm must include:

- A cow
- A milking shed
- Green grass
- Trees
- A dairy farmer

Here is an example:



Once you have built your diorama, upload a photo of your finished dairy farm to your teacher on Seesaw before 3:3pm on Friday 22<sup>nd</sup> May.

Have fun. Be creative. Good luck.