



Crispy Corn Fritters

 Vegetarian

READY IN



60 min.

SERVINGS



30

CALORIES



140 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 teaspoon ground pepper
- 4 corn syrup white yellow
- 1 large eggs
- 0.8 cup flour all-purpose
- 0.5 cup cornmeal
- 0.8 teaspoon salt fine
- 0.3 cup spring onion light white green finely chopped (from 5 medium scallions, and parts only)

- 2 quarts vegetable oil for frying
- 0.8 cup milk whole

Equipment

- bowl
- baking sheet
- paper towels
- oven
- knife
- whisk
- wire rack
- slotted spoon
- dutch oven
- skimmer
- candy thermometer

Directions

- Heat the oven to 250°F and arrange a rack in the middle.
- Place a large container on a damp towel. Fold a paper towel into fourths and place it inside the container. Stand one ear of corn on the paper towel, using the stem as a handle. Using a paring knife, slice downward, letting the kernels fall into the container. Rotate the cob and continue until all the kernels have been removed; set the cob aside. Repeat with the remaining corn (you will need 2 cups of kernels; save any extra for another use). Discard the paper towel. Using the back of the knife, scrape along the cobs to extract the milky liquid, adding it to the bowl with the kernels; discard the cobs. Set the kernels aside.
- Whisk the flour, cornmeal, baking powder, salt, and cayenne together in a large bowl until combined.
- Whisk the milk and egg together in a small bowl until combined, add them to the flour mixture, and stir until combined. Stir in the corn and scallions until evenly mixed; set aside.
- Pour the oil into a Dutch oven or a large, heavy-bottomed pot and heat over medium-high heat until the oil temperature registers 360°F on a deep-frying/candy thermometer.

Meanwhile, fit a wire rack over a baking sheet; set aside. When the oil is ready, carefully drop 5 heaping tablespoons of the corn batter into it. Fry, turning occasionally, until dark golden brown all over, about 4 minutes. Be very careful, as some of the corn kernels may pop, causing hot oil to spatter. Using a slotted spoon or spider skimmer, transfer the fritters to the wire rack on the baking sheet and place in the oven to keep warm. Use the slotted spoon or spider to skim and discard any bits of fritter remaining in the pot. Repeat with the remaining batter.

Serve immediately with the tartar sauce for dipping.

Nutrition Facts

PROTEIN 2.87% **FAT 83.62%** **CARBS 13.51%**

Properties

Glycemic Index:11.25, Glycemic Load:3.07, Inflammation Score:-2, Nutrition Score:2.5960869931656%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 139.73kcal (6.99%), Fat: 13.16g (20.25%), Saturated Fat: 2.12g (13.27%), Carbohydrates: 4.79g (1.6%), Net Carbohydrates: 4.42g (1.61%), Sugar: 0.38g (0.42%), Cholesterol: 6.93mg (2.31%), Sodium: 91.4mg (3.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.03%), Vitamin K: 24.98µg (23.79%), Vitamin E: 1.07mg (7.16%), Selenium: 1.85µg (2.65%), Calcium: 25.4mg (2.54%), Phosphorus: 25.12mg (2.51%), Vitamin B1: 0.04mg (2.48%), Manganese: 0.04mg (2.06%), Vitamin B2: 0.03mg (2.05%), Folate: 7.98µg (2%), Iron: 0.3mg (1.67%), Fiber: 0.36g (1.46%), Vitamin B3: 0.27mg (1.33%), Vitamin B6: 0.02mg (1.23%), Magnesium: 4.76mg (1.19%), Zinc: 0.16mg (1.03%)