

Garden harvest fritters

Garden Harvest: You can basically use anything out of the garden in this basic batter mix to create sweet or savoury treats. Try a few and then get creative....use your imagination and create your own.

Recipe Source: Nikki Dixon

Equipment:

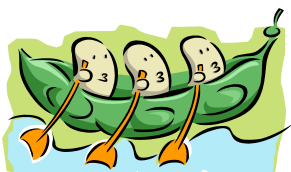
Cup & spoon measures
Large mixing bowl
Small mixing bowl
Spatula
Whisk
Large frying pan
Egg flip
Dessert spoons x 2

Garden harvest – Corn & freedom herbs

Finely chop 1 free range bacon rasher & cook in a small frying pan on medium heat until golden brown. Make basic batter mix, add the cooked bacon, 1 cup corn kernels, and ¼ cup of herbs of choice and follow cooking method.

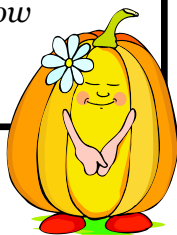
Garden harvest Potatoes & peas

Add 1 large grated potato and ¼ cup of fresh peas to basic batter mix and follow cooking method.



Garden harvest Pumpkin, garlic & sage

Add 1 cup of grated pumpkin, 1 clove of crushed garlic & ¼ cup of chopped sage to basic batter mix and follow cooking method.



Basic Batter

Ingredients:

(1 cup unbleached Demeter Flour – gluten) or
For gluten free version use
¾ cup tapioca flour &
¾ cup brown rice flour- **instead of the flour above.**
2 teaspoons allergy free baking powder
1 duck egg or 2 chicken eggs, lightly beaten
¾ cup milk

What to do:

- * Sift the flour and baking powder into the large bowl.
- * Mix in the eggs and milk to form a smooth batter.
- * Add freedom flavourings and cook as directed.

Cooking Method:

- * Pre heat oven to 100 degrees.
- * Heat 3-4 tablespoons of olive oil in a large fryingpan on medium heat. Place a dessert spoon of batter per fritter into the pan and cook for 1-2 minutes, until golden. Flip fritter and cook for a further minute on other side, until golden and cooked.
- * Drain fritters on paper towel and keep warm in oven.

Note: Fritters containing chunky ingredients may need to be cooked for longer.

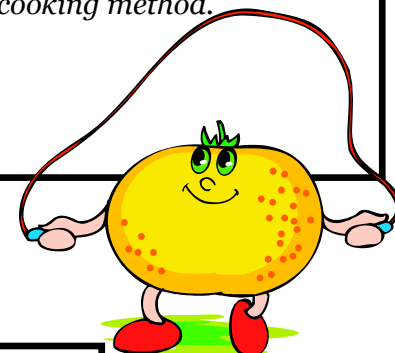
Garden harvest Carrots & coriander

Add 2 grated carrots, 1 clove crushed garlic and ¼ cup chopped coriander to the basic batter mix and follow cooking method.



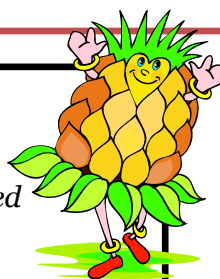
Garden harvest Oranges & poppy seeds

Substitute ¾ cup of orange juice for the milk in basic batter mix. Then add 2 tablespoons poppy seeds, 1 tablespoon orange zest and ¼ cup caster sugar to batter mix and follow cooking method.



Garden harvest Pineapple

Add 3 slices of finely chopped pineapple and ¼ cup of desiccated coconut to the basic batter mix and follow cooking method.



Garden harvest Zucchini, garlic & basil

Add 2 grated zucchini's a clove of crushed garlic, ¼ cup finely chopped basil and ½ cup of grated cheese to the basic batter mix and follow cooking method.

Garden harvest Bananas

Add 4 small mashed bananas and a pinch of cinnamon to the basic batter mix and follow cooking method.

