RECIPE

Chickpea-Flour Sweet Corn Fritters

Sweet corn, scallion and cilantro fritters bound with chickpea flour and egg, a summer snack pan-cooked in a spoonful and a half of olive oil, about 350 mg sodium a serving.

MAKES

4 servings US Metric

TOTAL

40 min

Ingredients

- [ ] 2 cups fresh sweet corn kernels, cut from 2 large ears
- [ ] 2 large eggs
- [ ] ¾ cup chickpea flour
- [ ] ½ cup sliced scallions, green and white parts
- [ ] 1 tsp ground cumin
- [ ] ½ tsp ground coriander
- [ ] ½ tsp garlic powder
- [ ] ¼ tsp black pepper
- [ ] ½ tsp salt
- [ ] 1 tbsp lime juice
- [ ] ¼ cup chopped cilantro leaves
- [ ] 1 ½ tbsp olive oil, all for the skillet and counted in full

Method

1. Cut the kernels off the ears. Put half of them (1 cup) and the eggs in a blender and pulse 5 or 6 times, until the corn is a rough, pulpy purée with a few bits left. Do not blend smooth.

2. Pour the purée into a bowl. Whisk in the chickpea flour, cumin, coriander, garlic powder, pepper and salt until no lumps are left. Stir in the lime juice, then fold in the rest of the whole kernels, the scallions and the cilantro.

3. Let the batter sit 10 minutes. Chickpea flour is slow to drink up liquid, and the batter thickens as it waits. It should drop from a spoon in a thick ribbon; there is no baking powder, so nothing here changes at 5,300 ft.

4. Warm a large nonstick skillet over medium heat and add the olive oil. Drop the batter in 12 level scoops of about 3 tablespoons, a few at a time, and press each to about ½ inch thick with a spatula.

5. Cook 3 to 4 minutes a side, until deep gold at the edge, and a thermometer through the middle reads 160 °F. Turn the heat down if they brown before the middle sets. Add no more oil: the 1½ tablespoons are the whole measure.

6. Serve warm, 3 fritters each, with a squeeze of lime. Cool leftovers no more than 2 hours, then refrigerate, and reheat to 165 °F.
