

# Corn Fritters II

*The Essential Appetizers Cookbook (1999)*  
Whitecap Books

## **Yield: 20 fritters**

1 1/4 cups plain flour  
1 1/2 teaspoons baking powder  
1/2 teaspoon ground coriander  
1/4 teaspoon ground cumin  
1 can (4.5 ounce) cornkernels, well drained  
1 can (4.5 ounce) creamed corn  
1/2 cup milk  
2 eggs, lightly beaten  
2 tablespoons fresh chives, chopped salt (to taste)  
pepper (to taste)  
1/2 cup olive oil  
**DIPPING SAUCE**  
1 tablespoon brown vinegar  
3 teaspoons soft brown sugar  
1 teaspoon chili sauce  
1 tablespoon fresh chives, chopped salt (to taste)

## **Preparation Time: 15 minutes**

### **Cook Time: 25 minutes**

Sift the flour, baking powder, ground coriander and cumin into a bowl. Make a well in the center. Add the corn kernels, creamed corn, milk, eggs and chives all at once. Stir until the ingredients are combined and the mixture is free of flour lumps. Season to taste with salt and pepper.

In a large frying pan, heat the oil to 350 degrees. The oil is ready when a cube of bread dropped into the oil turns golden brown in 15 seconds. Drop heaped tablespoons of mixture into the pan about 3/4 inch apart and flatten slightly with the back of a spoon. Cook in batches over medium-high heat for 2 minutes or until the underside is golden. Turn over and cook the other side. Remove from the pan and drain on crumpled paper towels.

Repeat the process with the remaining mixture. Serve the fritters with the dipping sauce.

For the dipping sauce: In a small pan, heat the vinegar, sugar and chili sauce for 1 to 2 minutes until the liquid is heated through and the sugar is dissolved. Stir in the chives and season with salt, to taste.

*The fritters may be made several hours ahead. Reheat on baking trays covered with baking paper in a 350 degree oven for 5 minutes.*

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Per Serving (excluding unknown items): 1282 Calories; 123g Fat (84.2% calories from fat); 19g Protein; 33g Carbohydrate; 2g Dietary Fiber; 441mg Cholesterol; 1299mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 23 Fat; 0 Other Carbohydrates.

**Per Serving Nutritional Analysis**

Calories (kcal):	1282
% Calories from Fat:	84.2%
% Calories from Carbohydrates:	9.9%
% Calories from Protein:	5.9%
Total Fat (g):	123g
Saturated Fat (g):	20g
Monounsaturated Fat (g):	85g
Polyunsaturated Fat (g):	11g
Cholesterol (mg):	441mg
Carbohydrate (g):	33g
Dietary Fiber (g):	2g
Protein (g):	19g
Sodium (mg):	1299mg
Potassium (mg):	566mg
Calcium (mg):	626mg
Iron (mg):	4mg
Zinc (mg):	2mg
Vitamin C (mg):	16mg
Vitamin A (i.u.):	1413IU
Vitamin A (r.e.):	263 1/2RE

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	1.7mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.7mg
Folacin (mcg):	122mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

**Food Exchanges**

Grain (Starch):	1 1/2
Lean Meat:	1 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	23
Other Carbohydrates:	0

**Nutrition Facts**

Amount Per Serving

Calories 1282                      Calories from Fat: 1079

**% Daily Values\***

<b>Total Fat</b> 123g	189%
Saturated Fat 20g	102%
<b>Cholesterol</b> 441mg	147%
<b>Sodium</b> 1299mg	54%
<b>Total Carbohydrates</b> 33g	11%
Dietary Fiber 2g	8%
<b>Protein</b> 19g	
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<b>Vitamin A</b>	28%
<b>Vitamin C</b>	26%
<b>Calcium</b>	63%
<b>Iron</b>	23%

\* Percent Daily Values are based on a 2000 calorie diet.