

Corn fritters with lemon thyme & smoked salmon (gluten free)

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Vegetarian option: Serve the fritters with pan-fried haloumi or goat's cheese instead of salmon.

Ingredients (serves 4)

- 4 corncobs, husk removed
- 2 tsp fresh lemon thyme leaves
- 1 free-range egg, lightly beaten
- ¼ cup (30 g) millet flour
- Flaked salt, to taste
- Freshly ground black pepper to taste
- 2 free-range egg whites
- 1 tbsp butter
- 85 g baby spinach leaves, to serve
- 200 g sliced [smoked salmon](#), to serve
- Creme fraiche, to serve
- Lemon thyme sprigs, to serve

Method

Remove the corn kernels from each cob with a sharp knife and place them into a large bowl,

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breaking up any kernels that are stuck together. Add the lemon thyme, egg and millet flour. Season with salt and pepper to taste, then mix the ingredients together.

Heat a medium non-stick frying pan over medium to high heat for three minutes. When the pan is heated, whisk the egg whites until they are frothy and have increased in volume, and then gently fold them through the corn mixture.

Heat half the butter in the frying pan and use a quarter-of-a-cup measure to place fritter mixture in the pan, cooking four fritters at a time. Cook the fritters over medium heat for about two minutes on each side or until they are lightly golden and cooked through. Place the fritters on a plate and cover them with foil. Heat the remaining butter and cook the remaining fritters.

To serve, place two fritters on each plate and top with a portion of creme fraiche, spinach leaves and sliced smoked salmon. Sprinkle with a few sprigs of lemon thyme.

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Photo credit: Andre Martin; Author: Catherine Saxelby



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