



Kale & Corn Fritters

What to collect	
Ingredients	Equipment
1 leek, finely chopped	chopping board
1 cup plain flour	knife
1 cup semolina	2 bowls
1 teaspoon salt	frying pan
1 tablespoon sage, finely chopped	metric measuring cups/spoons
2 cups kale, stems removed and leaves chopped	
2 eggs	
2 cups milk	
2 tablespoons butter, melted	
rice bran oil, to fry	

What to do

1. Saute leeks and set aside.
2. Melt butter and set aside.
3. Mix together the flour, semolina, corn, kale, sage, leeks and salt.
4. In another bowl, whisk together the eggs, butter and milk.
5. Mix the wet ingredients into the dry ingredients. If the mixture feels to thin, add 1 tablespoon of flour at a time to firm up mixture.
6. Heat up frying pan, cook fritters in batches until golden & crisp.