

Maple Corn Fritters

1 ½ teaspoons EnerG Egg Replacer
4 tablespoons warm water
2 tablespoons diced onion
Vegetable oil – canola or grapeseed work well
¼ cup sorghum flour
5/8 cup finely ground corn flour
¼ teaspoon salt
¼ teaspoon baking powder
Pinch of cinnamon (optional)
½ cup coconut milk or alternative (soy, rice, etc.)
1½ tablespoons pure maple syrup
1 to 1½ cups corn kernels

Make the egg replacer according to the directions on the box--mix 1 1/2 teaspoons egg replacer with two tablespoons warm water. Stir until smooth and let set for a few minutes to thicken.

Heat a cast iron skillet on medium heat. Add a tablespoon or two of the oil—enough to sauté the onions. When the oil is hot, add the onions and cook until translucent. Some of them will brown which is OK. You don't want the onion to burn.

Remove the onions with a slotted spoon to a dish lined with a paper towel. Set aside. Add more oil, enough so there is about a ¼ inch in the skillet. Raise the burner to medium high to bring the oil up to temperature. Do not leave unattended.

Whisk the flours, salt, and baking powder and cinnamon (if you choose to use it) in a medium sized bowl. In a separate bowl combine the egg replacer, coconut milk, maple syrup and two remaining tablespoons of water. Add this to the flour and combine to form a batter. Add in the onions and the corn. Mix well.

Drop by large spoonfuls into the hot oil. Turn each after a few minutes—the underside should be nicely browned. When the second side is browned remove fritters to a dish and serve with maple syrup. Makes about 10-12 fritters.

A few notes:

I used fresh corn on the cob. Placed three ears in the microwave (with husks and silk still attached) for 3 minutes. Removed and cooled, then husked the corn and cut the kernels from the cob. Three small ears yielded 1 cup. Although this was enough corn for the recipe I would have preferred more so would increase it to 1½ cups next time.

You may need to add more oil about halfway through cooking. The fritters will have a tendency to burn if you do not keep the oil level high enough.

You can remove some of the residual oil from the fritters after they are cooked if you line the receiving plate with a paper towel.