

# Crispy Sweet Corn & Pea Fritters

*with Rémoulade & Pea Shoot Salad*

The main ingredient in these traditional Southern fritters is fresh, sweet corn, but that's not the only summer produce you'll find in this dish. You'll use both shelled peas and pea shoots (the young leaves of the green pea plant) in a salad that's packed with seasonal flavor. With a side of rémoulade, the creamy, tart condiment famous in Louisiana Cajun and Creole cooking, these fritters are a crispy, delightfully dippable entrée.



## Ingredients

- 6 Ounces English Peas
- 4 Cornichons
- 2 Ears of Corn
- 1 Bunch Chives
- 1 Bunch Parsley
- 1 Clove Garlic
- 1 Lemon
- 1 Red Onion
- 2 Tablespoons Mayonnaise
- 2 Farm Eggs
- ½ Cup Low-Fat Milk
- ½ Cup Cornmeal
- ¼ Cup All-Purpose Flour
- 3 Ounces Pea Shoots

Makes 2 Servings  
About 600 Calories Per Serving





# Instructions



## *Prepare the ingredients:*

Wash and dry the fresh produce. Shell the peas. Mince the cornichons. Remove and discard the husks and silk from the corn; using a sharp knife, cut the kernels off the cobs; discard the cobs. Mince the chives. Pick the parsley leaves off the stems; discard the stems and mince the leaves. Peel and mince the garlic; then, using the flat side of your knife, smash until it resembles a paste. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Quarter the lemon and remove the seeds. Peel and mince the red onion.



## *Make the rémoulade sauce:*

In a small bowl, combine the **mayonnaise, chopped cornichons, parsley, the juice of 1 lemon wedge** and **half the garlic paste**. Stir in 1 teaspoon of olive oil and season with salt and pepper to taste. Set aside as you continue cooking.



## *Make the fritter batter:*

In a medium bowl, combine the **shelled peas, corn, eggs, cornmeal, flour, red onion, lemon zest, chives, the juice of 2 lemon wedges, the remaining garlic paste** and **½ cup of milk** (you will have extra milk). Stir until just combined and season with salt and pepper. (The batter will be thick and lumpy.)



## *Cook the fritters:*

In a large pan (nonstick, if you have one), heat a ¼-inch layer of oil on medium-high until very hot. Once the oil is hot enough that the batter sizzles immediately when added to the pan, using a ¼-cup measure, carefully pour the **batter** into the pan to create fritters. (To avoid overcrowding the pan, you may need to work in batches.) Cook the fritters 2 to 3 minutes per side, or until golden brown, carefully flipping with a spatula. Transfer the cooked fritters to a paper towel-lined plate and season immediately with salt.



## *Dress the pea shoots:*

In a medium bowl, toss the **pea shoots** with **the juice of the remaining lemon wedge** and a drizzle of olive oil; season with salt and pepper to taste.



## *Plate your dish:*

Divide the **cooked fritters** between 2 plates and serve with the **rémoulade sauce** and **pea shoot salad** on the side. Enjoy!