

Corn Fritters

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Serves: 6 people

Yield: 12 small fritters

Time: 30 minutes

Ingredients

- 1 cup of finely ground corn flour
- 2 cups of water
- 3 tablespoons of canola oil, divided
- 2 teaspoons of honey
- 1 teaspoon of sea salt

Directions

- ✦ Combine water, honey and 2 tablespoons of oil in a small pan and bring to a boil.
- ✦ In a bowl, stir together the flour and salt.
- ✦ Add the boiling water mixture to the corn flour mixture while stirring constantly.
- ✦ Form the batter into 12 medium sized patties.
- ✦ In a medium sauté pan, heat the remaining canola oil over medium high heat.
- ✦ Add patties a few at a time and pan fry until golden. Flip and pan fry on the other side.
- ✦ Repeat with the remaining patties.

Did You Know?

Look for finely ground corn flour that is stone ground, not water milled. Stone grinding retains nearly all of the nutritious parts of the corn and has a smooth texture with the flavor of sweet corn.

