



FARM-TO-TABLE RECIPES SUMMER

(courtesy of Midwest Culinary Institute)

Sweet Corn Fritters with Buttermilk Cream and Heirloom Tomatoes

Corn (ears)	4
Flour	2 Tbsp.
Eggs, separated	2
Green onions, sliced	4
Salt	½ tsp.
Paprika	¼ tsp.
Cayenne pepper	1/8 tsp.
Vegetable oil	¼ cup
Greek yogurt	1 cup
Buttermilk	½ cup

Fritters

1. Using a small knife or vegetable peeler remove the kernels from the ears of corn.
2. Combine in a large bowl corn kernels, flour, egg yolks, onions, salt, paprika, and cayenne pepper; stir to combine.
3. Beat egg whites until stiff peaks form.
4. Fold in egg whites into the corn mixture.
5. Heat oil in a large sauté pan. Drop spoonfuls of batter into the hot oil. Cook each side 2-3 minutes. Remove from pan and transfer to a cooking rack or pan lined with paper towels.

Buttermilk Cream

1. Combine yogurt and buttermilk and stir until smooth.