**Stephanie Alexander**

**Kitchen Garden Cooking Program**

**Home Economics Teacher Vickie Richards**

**Silver beet Fritter**

**Utensils**

Chopping Board



Vegetable Knife

Egg flip

Fry pan

Electric hand beater

½ measuring cup

Medium bowl

Spoon

**Ingredients**

1 Tablespoon finely chopped onion

1/2 cup milk aprox to make thick batter

2 large leaves silver beet

½ teaspoon salt

1 Egg

¼ cup corn

½ cup S/R Flour

Olive Oil

makes 12

**Method**

1. Thinly slice silver beet
2. Finely chop onion
3. Beat egg with flour and milk lightly in medium bowl
4. Add all ingredients except olive oil into mixture. Mix well
5. Heat oil in fry pan on medium – spoon small mounds into fry pan cook slowly and brown both sides

Serve