

Spicy Corn Fritters with Lemongrass (gf)

INTRO: These lil' fritters are special! They get a lot of their essence from lemongrass, one of the most important flavors of Thai and Vietnamese cuisine. Just the smell of these fritters cooking will attract attention from neighbors all around. When you make a Southeast Asian feast, be sure these are part of the menu.

Yields about 8 fritters

Ingredients

2/3 cup gluten-free cornmeal, plus 1/2 cup for coating
3 tablespoons rice flour
2 teaspoons non-aluminum baking powder
2 tablespoons maple syrup
1 tablespoon neutral tasting high-heat oil
2 tablespoons fresh lime juice
1 tablespoon tamari (wheat-free)
1 tablespoon chili paste (chili garlic paste or sweet chili paste)
2 teaspoons finely grated fresh ginger
1/2 teaspoon sea salt
1 ear corn, kernels sliced from cob, or 1/3 cup frozen corn kernels
1/2 stalk lemongrass, finely chopped
1/4 cup water, more or less, as needed
2 tablespoons neutral tasting high-heat oil, for cooking

Directions

In a medium bowl, combine 2/3 cup cornmeal, rice flour and baking powder. Whisk until uniform.

Add maple syrup, oil, lime juice, tamari, chili paste, ginger and sea salt, and whisk.

Add corn, lemongrass and water to mixture. Amount of water needed will vary, depending on which brand of rice flour is used. Consistency should be fairly firm and mixture should hold together when scooped. Form mixture into 2-inch round patties.

Add additional cornmeal to a bowl and coat patties. Tap patties gently to remove excess cornmeal.

Heat a large sauté pan and add high-heat oil. Place patties in pan and cook over low-medium heat for about 3-5 minutes on each side, until golden.

Note: You can double the recipe when serving more than four.

The Sporkie Scoop

FOR YOUR SMARTS Lemongrass is native to Southeast Asia and has been consumed and used as medicine for thousands of years! Lemongrass is a general term for about 55 species of grasses. Some types are used in perfumes and cosmetics because of the clean, fresh smell.

FOR YOUR PARTS Lime juice contains a compound called limonene, which is a major cancer fighter! It can also boost your white blood cell activity. That's some powerful citrus!