



Flavors of Rochester at the Market

A sampling series brought to you by the City of Rochester Public Market, Friends of the Market, Democrat & Chronicle, Summit Federal Credit Union. Saturdays, May through September 10 a.m. to 12 p.m.

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Guest Chef for August 13, 2016:
Tracy Schuhmacher, Food/Drink Reporter
Democrat & Chronicle

RECIPE: WAFFLED ZUCCHINI AND CORN FRITTERS

1 ½ cups shredded zucchini
(roughly ¾ pound of zucchini)
1 ear of corn
1 scallion, chopped
1 Tablespoon fresh basil, chopped
1 large egg

¼ cup milk
½ cup grated Parmesan or Romano cheese
½ cup all-purpose flour
¼ teaspoon salt
Freshly ground black pepper
Nonstick cooking spray

Place the shredded zucchini in a colander and sprinkle with about 1/4 teaspoon salt. Let sit for about 30 minutes. Rinse well with cold water. Press out as much of the water as possible; blot with paper towels.

Cut the kernels off the ear of corn; you will get about ¾ cup of kernels.

Preheat waffle iron (medium heat, if your waffle iron has a temperature control — mine doesn't and this recipe worked fine.) If you won't be serving right as they come off the waffle iron, preheat oven to 250 degrees.

In a large bowl, whisk together the egg, milk, flour, salt and a few twists of pepper. Mix well, then stir in the zucchini, corn, scallion and basil.

Coat the waffle iron with nonstick spray. Place rounded tablespoons of the batter on the waffle iron, leaving room for the fritters to spread slightly. Close the lid and cook until lightly browned, about 3 minutes.

Serve immediately or place fritters on a baking sheet and put in warm oven while you cook the remaining fritters.

Notes:

- If you prefer a true waffle texture, use self-rising flour instead of all-purpose. They will be lighter but they may not stay in neat circles.
- You may substitute leftover cooked sweet corn for some of the raw corn, but you'll lose a bit of sweetness and crisp texture.
- You may substitute other cheeses, such as Cheddar, but the fritters may have cheesy splotches.
- If you wish, add toppings when you serve them. For example, top with a dollop of ricotta or chopped tomatoes. Or try salsa and sour cream.