

Corn Fritters with Smoked Salmon

Prep Time: 25 minutes

Cook Time: 10 minutes

Total Time: 35 minutes

Servings: 4

Serving Size: 2 fritters with 2 small slices of salmon each

Ingredients:

2 ears corn (corn cut off the cob raw) or 1 1/2 cups frozen

1/4 cup finely ground cornmeal

1/4 cup whole wheat, brown rice, or quinoa flour

1 tablespoon arrowroot powder or cornstarch

1 teaspoon baking powder

1/4 teaspoon salt

1/4 teaspoon chili powder

1/4 teaspoon freshly ground black pepper

1/2 jalapeño, seeded and finely chopped

1 tablespoon fresh dill, chopped

1 egg, lightly beaten

1/2 cup milk of choice (whole or non-dairy)

1 tablespoon coconut or grapeseed oil

16 small slices smoked salmon (about 8 ounces)

1/2 cup crème fraîche, sour cream, vegan sour cream or fresh avocado slices

Directions:

1. If using frozen corn, rinse it under hot running water for 1 minute to defrost it. Drain well.
2. In a large bowl, whisk together the cornmeal, brown rice flour, arrowroot powder, baking powder, salt, chili powder, and black pepper.
3. Make a well in the center of the cornmeal mixture, and add the raw corn, jalapeño, dill, milk, and egg. Starting from the center, mix the wet ingredients, slowly combining them with the cornmeal mixture until it is just combined. The consistency will be a little thinner than pancake batter and that is ok – it will thicken as you let it sit.
4. Set aside for 10 minutes and do not stir, mix, or touch.
5. Add coconut oil to a large skillet over medium-high heat. When it is hot, carefully coat it with cooking spray. Give the corn fritter batter a good stir, then using a 1/4 cup measure, pour the batter onto the hot griddle and spread it out to form fritters about 3 inches in diameter. Cook until they are golden on the bottom and bubbles are starting to appear on the surface, about 3 minutes. Then turn them over and cook until the other side is golden and the center is set, about 2 minutes more. Transfer the fritters to a plate and keep them warm while you cook the remainder. You will have about 8 total.
6. Plate on 4 separate plates by placing 2 fritters on each plate. Then top each with two slices of smoked salmon and a tablespoon of crème fraîche, sour cream, or fresh avocado slices.
7. Serve immediately.

Tips and Tricks:

These fritters can be made up to 1 hour ahead. Transfer them to a wire rack to cool; then keep them on a covered plate before serving at room temperature, or rewarm them in a toaster oven before serving.

Nutritional Information Per Serving:

Calories: 302.6

Fat: 14.5 g

Cholesterol: 92.5 mg

Sodium: 1,435 mg

Total Carbohydrate: 27.9 g

Dietary Fiber: 2.3 g

Sugars: 3.5 g

Protein: 16.5 g