

Sweet corn croquette, anise myrtle, mountain pepper

By Matt Stone

20 minutes

Preparation time

3 minutes

Cooking time

Serves 4 - Makes 16

Serves



INGREDIENTS

400g corn kernels, cut from the cob
120g tempura flour, plus a little extra for rolling
1 egg yolk
Vegetable oil, for frying
Sea salt flakes
Mountain pepper leaf, ground
Anise myrtle, ground

METHOD

1. Place the corn kernels into a mixing bowl and season with salt. Add the flour and egg yolk. Mix vigorously with one hand until the corn is coated lightly with the flour and egg; add a small amount of water if needed.
2. The mixture should feel tacky. Mixing it vigorously with your hand will activate the gluten in the flour, holding the mixture together.
3. Once the mix is ready, wash your hands well. Lightly dust your hands with the extra flour and roll into balls roughly the size of golf balls. Press the balls together very firmly so they hold together.
4. Heat the vegetable oil in a deep, wide saucepan on medium heat, induction setting 7.
5. Heat oil to 170°C. For safety, a digital thermometer can accurately measure temperature.
6. Carefully place the rolled corn croquettes into the hot oil. Do not overcrowd the oil, as it will cool down. Fry up to eight at a time, gently rotating so they brown evenly.
7. Cook for around 2-3 minutes. Drain onto paper towel. Season with mountain pepper leaf, anise myrtle, salt and serve.

Hints and tips

- If you cannot find tempura flour, you can easily make your own. For every half cup of plain flour, add 1 tablespoon of corn flour and mix well.