

Sweetcorn fritters with roasted tomato and peppers

This summery dish makes the most of the summer flavours and is fun to make, says Rosemary Wilmot, head chef at The Bridge in Bidford on Avon. Best of all, it won't cost more than a fiver!

Ingredients

For the fritters:

100g self-raising flour
1 egg
150ml milk
2 corn on the cobs (or 200g sweetcorn kernels)
Salt and pepper
Chopped parsley
Sunflower oil

For the sauce:

Olive oil
1 large chopped onion
3 cloves chopped garlic
2 x 400g tins chopped tomatoes
2 red peppers, deseeded, chopped into 8 pieces
Balsamic vinegar

Method

To make the sauce, roast the peppers in the oven with some olive oil at 240 C until soft and slightly singed.

Soften onion and garlic in pan with olive oil. Add tinned tomatoes, splash of balsamic vinegar and simmer for 5 minutes.

Add the peppers to the tomato mixture when soft. Blend with a stick blender.

To make the fritters, trim 2 ears of corn, cutting the kernels off with a sharp knife. Sift the flour into a mixing bowl. Add the egg and milk and whisk to a smooth batter.

Add the sweetcorn and parsley.

Using either a deep fat fryer or a deep frying pan, heat enough sunflower oil to cover the fritters. When very hot, drop spoonfuls of the batter into the oil. Cook until brown, then turn over and cook the other side.

Drain the fritters on absorbent paper, and serve immediately with the tomato and pepper sauce.