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Creation Chardonnay

Butternut Fritters

by chef Charlene Pie

This scrumptious recipe offers two variations: Toasted Almond and Coconut and Cinnamon Sugar.

You need 1 whole butternut and a deep fryer or medium-sized pot filled halfway with cooking oil.

Toasted Almond and Coconut Fritters:

50 g toasted almonds
50 g toasted desiccated coconut
15 g chopped parsley
pinch ground cloves
pinch ground cardamom
2 pinches ground aniseed
5 g baking powder
75 g cake flour
10 g castor sugar
5 g salt

Cinnamon Sugar Fritters:

100 g cinnamon sugar mix
5 g baking powder
75 g cake flour
10 g cinnamon sugar mix
5 g salt

Method:

Heat deep frying oil to about 175° C.

Place whole butternut in the oven at 180° C for about 1 hour or till it is easily pierced with a knife.

Remove from oven, cut in half lengthwise and allow to cool.

Scoop out the flesh and divide into two bowls.

Bowl 1 should contain 10 g almonds, 10 g desiccated coconut, 5 g chopped parsley and the rest of the ingredients from ground cloves to the salt. The rest of the almond, parsley and coconut can be mixed and placed in a bowl.

Bowl 2 should include the ingredients from baking powder to salt. The 100 g cinnamon sugar can be placed in a separate bowl.

When these two mixtures have been mixed, start with one or the other by dipping two teaspoons in the oil to prevent the fritter mix from sticking.

Scoop out some mixture and use the second teaspoon to help the mixture off the other spoon into the oil.

Only do about 5 fritters at a time.

When in the case of the cinnamon sugar fritters they are a nice golden colour, you can strain them out with a slotted spoon onto paper towel and then roll them in the bowl with cinnamon sugar.

Makes 20 teaspoon sized fritters.

