

JUNE 20, 2019

COOKING WITH COUNTRYSIDE AT HIGHLAND SQUARE FARMERS' MARKET

SUMMER SQUASH FRITTERS WITH TOMATO RELISH

WHAT'S INCLUDED IN MINI MEAL KIT:

- Summer Squash from Ash Creek Farm
- Wheat Flour from Mud Run Farm
- Egg from Trapp Family Farm
- Green Onions from Martha's Farm
- Tomatoes from Martha's Farm
- Garlic Scapes from Rainbow Gardens

OPTIONAL:

- Flat Rock Cheese from Countryside Cheese

PANTRY ITEMS:

- Salt & Pepper
- Olive Oil
- Red Pepper Flakes
- Sugar
- Vinegar

SUPPLIES NEEDED:

- Cutting Board & Chef's Knife
- Small and Large Mixing Bowl & Spoons
- Medium Skillet & Spatula
- Colander & Dish Towel

RECIPE

MAKES 2 SERVINGS

INGREDIENTS

Tomato Relish:

Tomatoes	1 basket, finely chopped
Green Onions	1 tbsp., finely chopped
Garlic Scapes	1 tbsp., finely chopped
Red Pepper Flakes	1 tsp.
Sugar	1 tbsp.
Vinegar of Choice	2 tbsp.
Salt & Pepper	to taste

Fritters:

Summer Squash	2 cups, grated
Salt	1 tsp.
Spelt Flour	1/4 cup
Flat Rock Cheese (optional)	1/4 cup, grated
Egg	1, beaten
Green Onions	2 tbsp., finely chopped
Salt & Pepper	to taste
Olive Oil	1 tbsp.

METHOD

1. **Tomato Relish:** In a small mixing bowl, combine all relish ingredients and set aside.
2. **Fritters:** Place grated summer squash in a colander over the sink. Add salt and gently toss to combine. Let sit for 10 minutes. Using a dish cloth or cheese cloth, squeeze out as much water from the summer squash as you can.
3. In a large bowl, combine drained summer squash, flour, cheese(if using), egg, green onions, salt & pepper.
4. Heat olive oil in large skillet over medium high heat. Scoop a tablespoon of batter at a time into the skillet and flatten. Cook until underside is golden brown, about 2 minutes. Flip and cook opposite side for another 1 to 2 minutes. Remove from skillet, top with relish, and enjoy!

