

# Fried Corn Nuggets



PREPARATION TIME  
10 minutes



COOKING TIME  
10 minutes



PERFECT PARTNER  
chili con carne



**MONEY.  
Cook's  
SAVER.**

To save money and extend the flavor of summer, purchase fresh corn-on-the-cob from your favorite farm stand. Cook the corn in boiling water for 2 minutes and drain. Freeze until ready to use in this appetizer.

## SHOPPING LIST

• corn

## ON HAND

• eggs • flour • sugar • salt  
• pepper • oil

# Fried Corn Nuggets

## INGREDIENTS

- 2½ cups corn
- 2 eggs, separated
- 2 tablespoons all-purpose flour
- 1 teaspoon sugar
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 2 tablespoons vegetable oil

SERVES 4

**COOKIN'**  
*Express*

- If you are making a large batch of these nuggets, keep them warm by placing them on a baking sheet in a 200°F. oven until ready to serve.

## Make Ahead

You can prepare this snack through step 1 up to 2 hours ahead. Refrigerate until ready to proceed as recipe directs.

## ♦ VARIATION

*For a Mexican flavor, add 3 tablespoons chopped green chiles and 2 teaspoons cumin to the batter.*

**1** Combine corn, lightly beaten egg yolks, flour, sugar, salt and pepper in a large bowl.



**2** Beat egg whites with an electric mixer set at high speed until stiff peaks form, about 2 minutes.

**3** Stir egg whites into corn mixture. Heat oil in a large skillet over medium-high heat.



**4** Drop heaping tablespoonfuls of corn batter into skillet. Reduce heat to medium. Cook until nuggets are browned, about 3 minutes per side.