

CHARLESTON – CHARLESTON SAUSAGE BRUNCH



Serves: 4-6 (Makes about 10 fritters)
Cooking time: About 20 minutes

INGREDIENTS:

450g	(1lb)	Pork and apple sausages
Corn Fritters:		
170g	(6oz)	Plain flour
100g	(4oz)	Polenta cornmeal
		Pinch salt
2 x 5mlsp	(2tsp)	Baking powder
1 x 2.5mlsp	(½tsp)	Bicarbonate of soda
2		Eggs
250ml		Buttermilk
25g	(1oz)	Butter, melted
100g	(4oz)	Sweet corn, frozen or tinned
		Oil
		Maple syrup

METHOD:

Place sausages under a preheated grill and cook for 10-12 minutes, turning occasionally until golden brown and cooked through.

Make Fritters: Place in a large bowl the flour, polenta, salt, baking powder and bicarbonate of soda. Mix together and make a well in the centre. Add the

eggs and using a whisk gently combine the eggs with the dry ingredients. Slowly add the buttermilk and whisk until you have a smooth batter.

Add the melted butter and sweetcorn.

Heat a little oil in a pan. Place a large spoonful of the mixture into the hot pan. The mixture will spread slightly and then set and brown. Turn over after 1-2 minutes until golden brown on both sides. Cook the mixture in batches and keep the 'fritters' warm.

Serve the sausages with fritters and a good glug of maple syrup.