

TARO FRITTELLE

Taro is the potato of the humid tropics. Like the Irish potato we know and love, taro is a tuber, a staple starchy vegetable, and a key ingredient in many traditional dishes.

by Corporate Chef Kurt Kwaitkowski

Featured Food: Taro

Yield: Makes 10 to 12 fritters, serves 4 to 6

Ingredients

1 large (1 to 1 ½ lb.) taro corm	1 T. minced fresh ginger
1 large carrot	¼ c. thin sliced green onion
3 eggs	¼ t. Chinese 5 spice
½ c. crushed Rice Chex cereal	Salt and pepper to taste
¼ c. rice flour	4 T. canola oil
2 cloves of garlic, minced	2 lemons, wedged

Preparation

Peel the taro corm with a vegetable peeler and cut into large chunks; place in a bowl of water while you are preparing the other vegetables. Bring a pot of water to a boil. Blanch the taro for 9-10 minutes. Quickly move taro chunks from the pot to shock in a bowl of ice water.

After taro is cold, remove from ice water, pat dry, and shred on the large holes of a box grater. Also shred carrot at this time. Measure 1 ½ cups shredded taro and ½ cup shredded carrot into a large bowl. Add eggs, crushed Rice Chex, rice flour, garlic, ginger, green onion, spice, salt, and pepper. Mix and set aside.

Heat 2 Tablespoons of the oil in a large nonstick sauté pan over medium high heat. Test for seasoning by placing a small amount of the mix in hot oil, cook, cool, and taste. Adjust seasoning in the mix with salt and pepper as needed.

Add remaining oil to the pan, heat over medium heat until shimmering. Drop ¼ cup size portions of the mixture into the pan (you should be able to fit 4 fritters in the pan at a time). Cook for 4 minutes or until nicely browned, then flip and cook an additional 4 minutes.

Serve with a squeeze of lemon on top and garnish with lemon wedge.