

CORN OYSTERS

PREP TIME : 15 minutes

COOK TEMPERATURE: Medium High

COOK TIME: 10 minutes

SERVES: 8

INGREDIENTS

- 1 cup grated fresh corn or thawed frozen corn
- 1 egg, separated
- 2 Tablespoons flour
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 2-4 Tablespoons butter
- 2-4 Tablespoons vegetable oil

METHOD

Combine the corn, egg yolks, and flour in a bowl. Mix well.

Add the salt and pepper and mix.

In a separate bowl, beat the egg whites until they form stiff peaks.

Fold the egg whites gently into the corn mixture.

Heat 2 Tablespoons of butter and 2 Tablespoons of oil in a skillet.

When fats are very hot, drop Tablespoonfuls of the corn mixture into the pan.

Fry until crisp and brown on the bases.

Turn the “oysters” over and cook 1-2 minutes on the other side.

Drain on paper towels and keep hot until serving.

Serve as an accompaniment to meat or chicken dishes or with a salad as a light dish.

SOURCE: *Best of America*, page 112, Carla Capalbo and Lauren Washburn, Anness Publishing Ltd., London, 1999.

Corn Oysters are a particular favorite of Japhet School students. This recipe is most often used as a topic for Middle Class students when they study the census regions and U.S. history. The American colonies along the eastern seaboard had access to abundant fish and shellfish as a part of their diet. Oysters, raw, steamed, in stews and in other recipes were a particular favorite and were relatively inexpensive. As pioneers and settlers left the east and pushed westward into the midwest and the plains, they lost this food source. Of course, they planted plentiful fields of corn, and so concocted this simple recipe that takes its name from the shape of the finished product - **not** the ingredients. They make for a great side dish to accompany meat, poultry, or fish dishes and are equally delicious served with a fresh salad. As for the directions - Japhet students definitely know how to “fold” ingredients into one another. Enjoy!