

Amaranth Corn Fritters with Tzatziki

This ancient grain – actually a seed – was once considered a staple food in the Inca, Maya and Aztec civilizations. Its earthy, nutty flavor works well in these fritters with another New World cultivar – corn. Add this gluten free, protein rich ingredient to your meal plan, or even use it to home brew some beer!



Ingredient list for 4 servings

Fritters

- 1 cup uncooked (and unpuffed) amaranth
- 2 cups sweet corn kernels OR 1 can – drained
- 1 medium shallot or small onion – finely minced
- 1 Tbsp olive oil
- 1 Tbsp grapeseed oil
- 1 tsp salt
- 1 Tbsp chopped chives or spring onion
- ½ cup flour of choice – wheat or gluten free
- 2 tsp baking powder
- 3 eggs – beaten
- ¼ cup milk



Tzatziki Sauce

- ½ large cucumber – unpeeled & finely grated
- 1 ½ cups Greek yogurt
- 3 cloves garlic – minced
- ¼ cup fresh dill – finely chopped OR 2 Tbsp dried
- 1 pinch each sea salt and black pepper
- 1 ½ Tbsp lemon juice



- Cook the amaranth on medium heat in 1 cup of water, in a small, covered saucepan for about 10 minutes or until most of the water is absorbed. Remove it from the heat, but leave it covered

for another 10 to 15 minutes, so it can continue absorbing water and gently finish cooking. After about 10 to 15 minutes, it should be fluffy, with a nice chew (not overcooked or mushy). Remove the lid, allow the amaranth to cool and then place in a large bowl.

- Make the tzatziki sauce while amaranth cooks, rests and cools.
- Finely grate cucumber with the skin on. Then either drain in a fine-mesh strainer set over a small mixing bowl or transfer to a clean, thin towel and squeeze out excess moisture. The remaining amount should be about ¼ cup.
- Add yogurt to a large mixing bowl; add strained cucumber, garlic, dill, salt, pepper and lemon juice. Stir to combine.
- Taste and adjust flavor as needed, adding more salt for overall flavor, garlic for zing, lemon for acidity, or dill for flavor and color. Set tzatziki aside.
- In a medium skillet, sauté the minced onion or shallot in the olive oil until softened and fragrant. Add the corn kernels and salt, sauté for one more minute and remove from heat, allowing to cool for a few minutes.
- In a small bowl, mix the flour and baking powder together well.

- Add the flour mixture, corn and onion, beaten eggs, chopped chives, and milk to the amaranth. Mix everything together well, until you have a thick uniform batter. (When you cook the fritters, if you find the batter is too wet, add a tablespoon or two of flour).
- Heat about one teaspoon of the grapeseed oil in a nonstick skillet on medium heat and drop the batter in small batches (about $\frac{1}{4}$ cup each). You should be able to cook about 3 fritters at a time. Cook them for about 3 minutes on each side (or until deep golden on each side). Serve warm with the tzatziki sauce on the side.

Note: Tzatziki sauce will keep in the refrigerator for up to 5 days, or longer if the yogurt was very fresh.

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