

Sweet Potato Fritters with Warmed Rice Malt Syrup

This deep-fried delight is a snap to prepare and makes a delicious addition to a special brunch. As long as the oil is hot enough, the fritters will never be oily.

Combine the flours, salt, baking powder, and nutmeg or ginger and lemon zest. In a separate bowl, combine the egg, soymilk, and water. Add wet ingredients to dry and mix lightly. Fold in the sweet potatoes.

Heat two inches of oil to 360°-375°F. Slide rounded tablespoons of the batter into the oil, taking care not to crowd them. Fry the fritters, turning them once, for 2-3 minutes, or until golden. Drain, and serve immediately with the warmed rice malt syrup.

Preparation List:

Serves 4

- ½ cup whole wheat pastry flour
- ½ cup unbleached white flour
- ¼ - ½ teaspoon sea salt
- 1 teaspoon baking powder
- 1/8 - ¼ teaspoon nutmeg or 1 ½ teaspoons each finely grated ginger root and lemon peel
- 1 egg, lightly beaten
- 1/3 cup plain soymilk
- 1/3 cup water
- 2 cups peeled and coarsely grated sweet potatoes
- oil for deep-frying
- rice malt syrup, warmed