

Our State eats

Published in the March 2014 issue of Our State

Carolina Sweet Potato Fritters

- 4 medium sweet potatoes
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon grated nutmeg
- Salt and freshly ground black pepper to taste
- 1 large egg, beaten
- 1 cup milk
- 2 tablespoons vegetable oil
- Corn oil for deep-frying

Place potatoes in a large saucepan and add enough water to cover.

Bring to a boil, reduce heat slightly, and cook for 20 minutes.

When cool enough to handle, peel potatoes, slice ¼-inch thick, and pat dry with paper towels.

Preheat oven to 250°. In a bowl, combine flour, baking powder, nutmeg, and salt and pepper, and stir till well blended.

In a small bowl, whisk together the egg, milk, and vegetable oil till well blended,



add to dry mixture, and beat till batter is smooth.

In a deep-fryer or large, deep skillet or saucepan, heat about 1½ inches of corn oil to 375° on a deep-fat thermometer.

Dip potato slices, a few at a time, into batter, drop into oil, fry till golden

brown, about 2 minutes on each side, and drain on paper towels.

Sprinkle salt on top, keep warm in the oven (do not cover) while other potatoes are frying, and serve immediately.

Subscribe to the Our State Eats newsletter and get recipes weekly.

[Go to ourstate.com/os-newsletters](http://ourstate.com/os-newsletters)