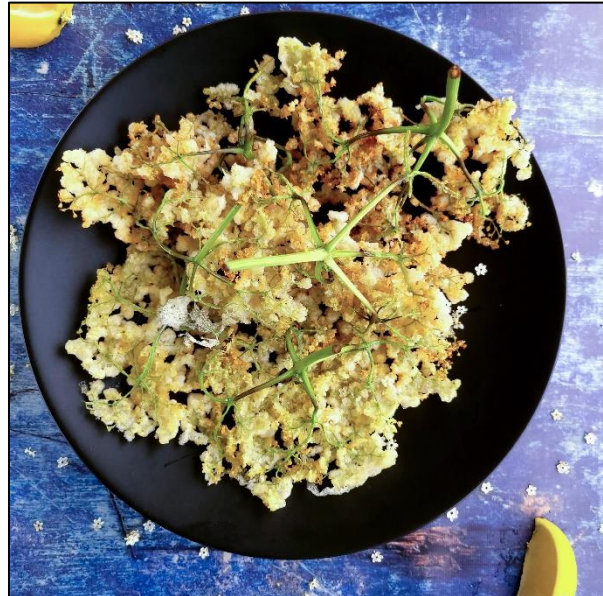


Elderflower Fritters

Serves 4

Ingredients

- 1 c tapioca flour
- 1/8 tsp salt
- 1 egg white
- about 1 c ice cold sparkling water, club soda or seltzer water
- 8 - 10 elderflower umbels
- oil for frying
- powdered sugar, optional
- sliced lemon, optional
- honey, optional



Instructions

1. Heat the oil in the pan. The oil should be deep enough to submerge the flower umbels. While the oil is heating, prepare the batter.
2. Whisk the tapioca flour and salt together. Mix in egg white, then slowly whisk in enough water to create a thin batter. Drip a bit of batter in the oil to see if it is hot enough - it should bubble immediately and float.
3. Dredge the flowers in the batter, holding the stem like a handle. Put the battered flowers in the hot oil, making sure not to crowd the pan.
4. Consider keeping the batter chilled in between dredging, since the flowers take up so much room in the pan. Re-whisk the batter before the next batch of umbels.
5. After the flowers have fried for about four minutes - or until the batter is golden brown - use a wood chopstick through the stems to lift them out of the hot oil. Set the fritters on a towel-lined plate while you fry subsequent batches.