



Bean Fritters

1 1/4 cups white beans, cooked and drained
1/4 cup milk
4 tablespoons sugar
1/2 cup flour
1/2 cup cornmeal
2 tablespoons oil
1 large, slightly beaten egg
1 teaspoon salt
1 tablespoon chives
1 tablespoon savory
Lard, fatback, or oil for frying

- Mash cooked beans and press through a sieve until fairly smooth.
- Mix in the rest of the ingredients. The batter should be thick, but not stiff. Add more milk if it is too stiff.
- Heat your oil in a fry pan until it smokes.
- Drop fritter batter into the hot oil, about 2 tablespoons per fritter.
- Fry until the edges are golden, then flip and fry other side until done.

Modern Adaptation

- Use food processor to mash and sieve beans.
- Substitute vegetable oil, or spray cooking oil for lard or fatback in frying.