

fat sparrows

recipe: adapted slightly from *Food That Really Schmecks*,
Edna Staebler

Yields about 8-12 2-3 inch sparrows, depending on the size of dollops.

- 1 large egg
- pinch of salt
- 1 cup sour cream
- 1 rounded teaspoon baking soda
- 1 cup all-purpose flour
- canola oil for frying

Mise en place - begin by getting organized. Read through the entire recipe. Measure out all of your ingredients. Preheat your skillet as you prep the batter.

Preheat a large skillet over medium heat as you mix the batter. Just before frying add enough canola oil to cover the bottom of the skillet, about 1/4 centimeter deep.

Lightly beat the egg in a medium sized bowl. Add a pinch of salt and mix. Add the sour cream, and mix well to combine. Sprinkle in the baking soda and then add the flour, mixing until just combined. The batter will be relatively thick.

Drop by large spoonfuls into hot canola oil. Each sparrow should have 2-3 tablespoons of batter. Cook in small batches to allow room for flipping - I cook 3-4 at a time. Fry until golden brown on the bottom and then flip and fry until the second side is golden brown. The sides of the sparrows can be cooked by using tongs or two spatulas to tip sides into the oil (I do this if batter has been seeping out of the sides and seems undercooked.) Pat oil off before plating.

Serve immediately in a pool of maple syrup.



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