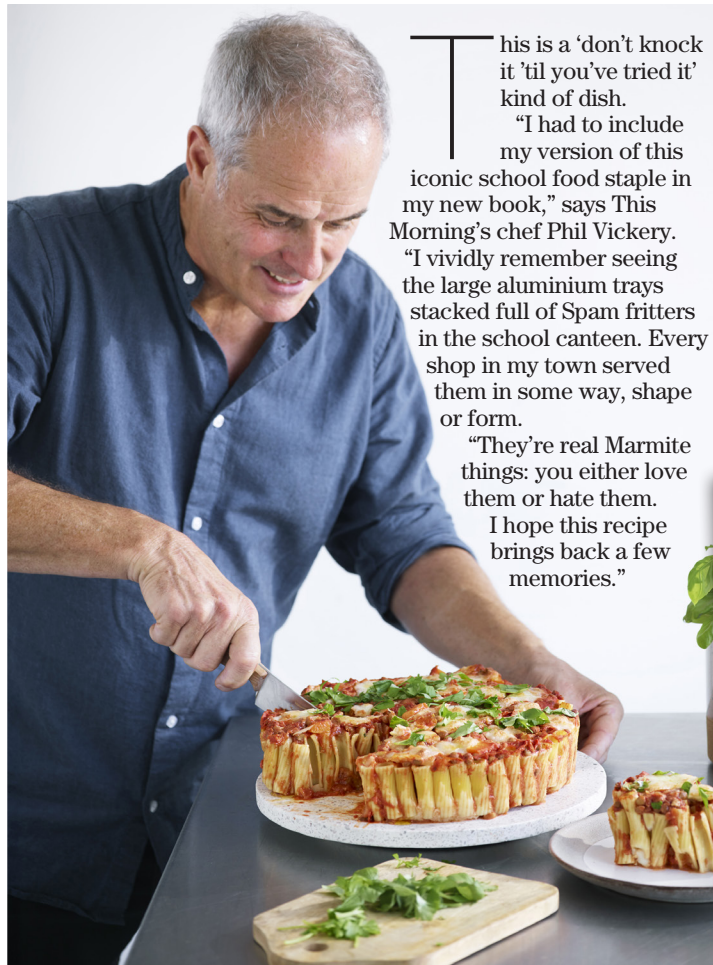


Phil Vickery's spam fritters

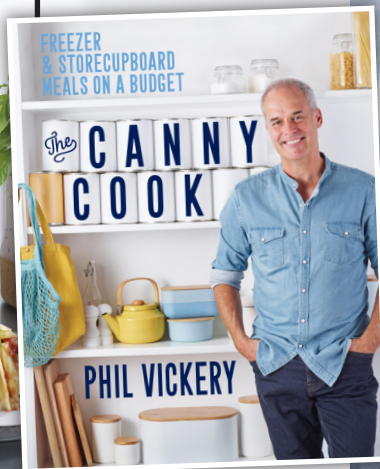
SPAM FRITTERS AND SPRING ONION MASH



This is a 'don't knock it 'til you've tried it' kind of dish. "I had to include my version of this iconic school food staple in my new book," says This Morning's chef Phil Vickery. "I vividly remember seeing the large aluminium trays stacked full of Spam fritters in the school canteen. Every shop in my town served them in some way, shape or form. "They're real Marmite things: you either love them or hate them. I hope this recipe brings back a few memories."

INGREDIENTS (SERVES 4)

- 500g frozen mashed potatoes
- 200ml milk
- 50g salted butter
- 4 spring onions, finely chopped
- Vegetable oil, for deep-frying
- 340g can Spam, chilled
- 300ml sparkling water
- 200g self-raising flour
- 2-3 tablespoons cornflour



METHOD

- 1 Reheat the mash in a microwave-safe bowl according to the packet instructions and mix well.
- 2 Add the milk and butter, and then microwave for a few seconds to melt the butter. Mix well and taste for seasoning. Stir in the spring onions and set aside.
- 3 Heat the vegetable oil in a deep pan or wok to 180°C. Cut the Spam into four equal slices.
- 4 Place the flour in a bowl, add the sparkling water to the flour and then mix into a soft batter. Dust each slice of Spam with a little cornflour, then dip into the batter.
- 5 Carefully slide into the hot oil and cook for four to five minutes until browned and crispy.
- 6 Drain well on kitchen paper. Serve with the spring onion mash.

The Canny Cook by Phil Vickery is published by Kyle Books, priced £16.99