



**Many Hands Organic Farm and
Sustainability Center**
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Dandelion Fritters

Serves 4

Ingredients:

- 1 cup dandelion flowers, freshly harvested
- ½ cup cornmeal
- ½ cup arrowroot powder
- 1 Tbs garlic powder
- ½ tsp salt
- 1 egg
- ¼ cup milk
- 2 cups lard or frying oil of choice

Directions

1. Rinse dandelions in cool water, drain.
2. Heat lard or other oil in a frying pan to 375 degrees.
3. Mix cornmeal, arrowroot powder, garlic powder and salt in a medium bowl. Add egg and milk. Stir until combined.
4. Add dandelion flowers one at a time and cover in batter.
5. Add to hot oil and fry for about 90 seconds.
6. Flip flowers and fry for an additional 30 seconds.
7. Remove from oil and allow to cool. Enjoy.