

Spam Fritters

As Year 5 are studying the 50's, 60's and 70's, I wanted to share this vintage dish that was popular with housewives when rationing was still an issue. It was easy to whip up and an accessible tinned meat product which had a long shelf life, that made a protein packed meal.

In my house, Spam Fritters are a bit like marmite, some of us are on Team Love It and some of us are on Team Leave It... I wonder which team you will join?

SERVES:6 INGREDIENTS

1 Large Egg

150g Plain Flour

300ml Milk

1 Tin of Spam

A little oil for frying



DIRECTIONS

1. Whisk all of the ingredients together in a bowl.
2. Remove the Spam from the tin and divide in to six equal slices.
3. Heat a little oil in a frying pan, enough to shallow fry on a medium heat.
4. Dunk the slices in to the batter.
5. Fry gently until golden brown.
6. Enjoy



Bananas make a great alternative to Spam!!



Always get an adult to help you with the slicing and frying.