



panko corn and pepper schnitzel

Servings
8 servings

Prep Time
10 minutes

Cook Time
15 minutes

Kosher Key
Parve or Dairy,
depending on
preparation

Description

Vegetarian summer recipe for crispy corn cakes topped with sour cream and fresh heirloom tomato relish. Vegetarian alternative to schnitzel.

Ingredients

Corn and Pepper Schnitzel

- 2 ears corn, shucked (or 1 1/4 cups corn, canned or frozen (you will need 1 1/4 cups corn total))
- 1 poblano pepper, roasted, peeled and diced (about 1/3 cup)
- 1/2 cup flour
- 1 3/4 cups panko style breadcrumbs, divided
- 1 1/4 tsp kosher salt
- 1 tsp smoked paprika
- 1/2 tsp cumin
- 1/2 tsp sugar
- 1/4 tsp cayenne
- 2 large eggs, beaten
- 1 tbsp freshly squeezed lemon juice
- 1 scallion, chopped
- Extra virgin olive oil for frying (1/4 inch in medium skillet)
- Sour cream or Greek yogurt for topping (optional- use non-dairy sour cream for pareve)

Heirloom Tomato Relish

- 2 cups heirloom tomatoes, diced (or sub red vine-ripened tomatoes)
- 2 tbsp extra virgin olive oil
- 2 tbsp cilantro or parsley, roughly chopped

- 1 tbsp freshly squeezed lemon juice
- 1 1/2 tsp honey or agave
- 1/2 tsp salt
- 1/2 tsp pepper

Recipe Notes

You will also need: medium skillet, mixing bowls, grill (optional)

Instructions

To Make Tomato Relish

1. A few minutes before cooking the schnitzel, place all tomato relish ingredients in a small mixing bowl and stir to combine. Set aside at room temperature to allow flavors time to marinate. Serve with schnitzel. Use a slotted spoon for serving so that the juices from the tomatoes don't make the schnitzel soggy.

To Make Corn Schnitzel

1. If you'd like to grill the vegetables (I love doing this as it adds a lot of flavor), shuck and clean the corn cob of its silks. Brush corn and pepper with olive oil and sprinkle with salt and pepper.
2. Grill both corn and pepper for 10 minutes on high heat, turning every 2-3 minutes, till corn is tender and blackened in places and pepper is softened, blackened and collapsing. Remove from heat and allow to cool to room temperature.
3. Remove corn from cob. I prefer to use a bundt pan, placing one end of the cob in the center and slicing the kernels off with a sharp knife so that they fall neatly into the pan. Measure out 1 1/4 cups corn and reserve. Save any additional corn to add to a salad, or you can add it to the tomato relish if you prefer.
4. If you're not grilling the corn, steam it till tender, then allow to cool to room temperature before removing the kernels from the cob. If using frozen corn, run under warm water till it is thawed, then drain and pat dry. If using canned corn, drain and pat dry. If you're not grilling the pepper, then roast it, peel, and let cool, or use a pre-roasted peeled pepper.
5. Dice the peeled cooked pepper into small pieces.
6. In a mixing bowl, combine flour, 3/4 cup panko breadcrumbs, salt, smoked paprika, cumin, sugar and cayenne.
7. In a separate mixing bowl, combine beaten eggs, lemon juice and scallions.
8. Combine the egg mixture with the dry ingredients. Mix well.

9. Mix corn kernels and diced peppers into batter. At this point, you can cover the batter with plastic wrap and refrigerate up to overnight (which will make it easier to handle and make into breaded patties), or you can proceed immediately with the recipe.
10. To bread the schnitzel, fill the bottom of a shallow baking dish with 1 cup panko breadcrumbs. Drop $\frac{1}{4}$ cupfuls of batter into breadcrumbs using an ice cream scoop or measuring cup (I like using an ice cream scoop). Gently flatten the batter into a patty, shaping it as you go, and coat the opposite side with crumbs. The patties will be delicate and somewhat prone to crumbling, but they will hold together much better after being fried in hot oil. Remove from panko with a spatula.
11. Heat $\frac{1}{4}$ inch of olive oil in a medium skillet over medium heat till hot enough for frying. Add breaded schnitzels gently to the hot oil. Cook for approximately 3 minutes on each side, or until golden brown and crisp. Drain on paper towels.
12. Serve schnitzel warm topped with heirloom tomato relish and optional sour cream or Greek yogurt.

Nutrition Facts

Panko Corn and Pepper Schnitzel

Amount Per Serving

Calories 165 Calories from Fat 45

% Daily Value*

Total Fat 5g	8%
Saturated Fat 1g	5%
Cholesterol 46mg	15%
Sodium 919mg	38%
Potassium 226mg	6%
Total Carbohydrates 23g	8%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 5g	10%
Vitamin A	10.4%
Vitamin C	24.6%
Calcium	3.6%
Iron	8.7%

* Percent Daily Values are based on a 2000 calorie diet.