

Cauliflower fritters with mint yoghurt

TRIPLE RECIPE PLEASE

Makes 12 fritters

Fresh from the garden cauliflower, eggs, mint

Fry the fritters immediately, otherwise the cauliflower will become very wet and the fritters will be less successful.

Equipment

large ovenproof dish	knives – 1 small, 1 large
kitchen paper	grater
frying pans – 1 small, 1 medium	2 tea towels
metric measuring spoons and cups	whisk
wooden spoon	baking tray
mortar and pestle	tablespoon
bowls – 1 small, 1 large	plastic film
chopping board	slotted spoon
	serving bowl and plate

Ingredients

2 teaspoons cumin seeds	1/3 cup chickpea flour
2 teaspoons coriander seeds	500 g cauliflower
1 teaspoon salt	1 egg
1 teaspoon ground turmeric	1/2 cup plain yoghurt
1 teaspoon ground ginger	15 mint leaves
1/2 teaspoon cayenne pepper	1/4 cup vegetable oil

What to do

*Preheat the oven to 120°C. Line the ovenproof dish with kitchen paper and place it in the oven to keep warm.

*Heat the small frying pan over a medium heat. Toast the cumin seeds in the dry pan, stirring with the wooden spoon, until they smell fragrant. Tip the seeds into the mortar. Toast the coriander seeds in the same pan until they smell fragrant. Add these seeds to the mortar. With the pestle, work the spices to a coarse powder. Tip the spice powder into the large bowl. Add the salt, turmeric, ginger, cayenne pepper and chickpea flour.

*Set out the chopping board and knives. Using the small knife, cut the cauliflower (including the stem) into big pieces. Grate the pieces using the coarsest hole of the grater. Place a clean tea towel on the workbench, then tip the grated cauliflower into it and squeeze the towel over the sink to extract any excess liquid. Tip the squeezed cauliflower into the large bowl with the spices.

*Crack the egg into the small bowl, then whisk and tip into the bowl with the cauliflower. Stir all the ingredients with the wooden spoon until they are well combined.

*Using your hands, squeeze the mixture into small balls the size of a walnut – there should be enough mixture to make 12 balls. Place the balls on the baking tray.

*Wash and dry the small bowl used for the egg, and put the yoghurt into it. Rinse the mint leaves and dry by rolling in a tea towel. Coarsely chop the mint and add to the yoghurt. Stir using the tablespoon. Cover with plastic film and refrigerate.

*Put about 1 1/2 tablespoons of the oil into the medium frying pan and place over a high heat. When the oil is hot, remove the warmed dish from the oven and place it on the stove next to the frying pan.



Working in batches, carefully put half the fritters into the hot oil and fry them, turning them with a slotted spoon, until they are golden brown all over. Don't crowd the pan. Lift out the fritters with the slotted spoon and place them in the warm dish, then return the dish to the oven.



*Add the remaining oil to the frying pan and repeat the process with the rest of the fritters. Remove the fritters from the oven and transfer them to the large plate.

*Serve the fritters immediately, with the bowl of mint yoghurt.

BOTTOM DRAWER

Did you know? Chickpea flour is sometimes called 'besan flour' in Indian and Middle Eastern shops.