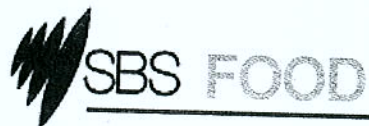


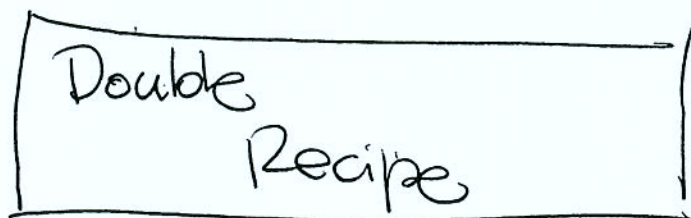
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GREEK

Pumpkin fritters



Author and chef Maria Benardis of Greekalicious, loves the vibrant colour and sweet flavour of pumpkin. Here, she shares an easy recipe for pumpkin fritters. Serve with a few slices of grilled haloumi for breakfast or lunch.

Makes

12

Preparation

min **20**

Cooking

min **20**

Skill
level

Easy

Ingredients

- 1 kg pumpkin, cleaned, peeled
- sea salt and cracked pepper, to taste
- 1-2 tsp ground cumin
- 1 cup continental parsley, chopped
- 1 cup spring onions, chopped
- 1-1½ cups plain flour
- olive oil, for frying

Cook's notes

Oven temperatures are for conventional; if using fan-forced (convection), reduce the temperature by 20°C. | We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. | All herbs are fresh (unless specified) and cups are lightly packed. | All vegetables are medium size and peeled, unless specified. | All eggs are 55-60 g, unless specified.

Instructions

Standing time 10–15 minutes

The following recipe has been tested and edited by SBS Food and may differ slightly from the podcast.

Grate the pumpkin, place on a large plate and sprinkle with sea salt. Leave to stand for 10–15 minutes.

Place small amounts of pumpkin in your hands and squeeze out excess liquid. Transfer the pumpkin to a bowl. Season with salt and pepper, add the cumin and mix through. Add the parsley and onions and combine well.

Gradually mix small amounts of the flour through the pumpkin until the mixture thickens.

Take a generous amount of the pumpkin mixture and roll it in your hands to form round patties. Don't make them too thick as the fritters won't cook in the centre.

Cover the base of a frying pan with olive oil. Heat the oil over medium-high heat.

Place the fritters in the pan and fry both sides until golden brown. It's best not to overcrowd the pan, so leave space between each fritter. Cook in batches if necessary.

Drain the fritters on kitchen paper. Serve hot or at room temperature.

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