

VEGETABLE AND POTATO FRITTERS



Makes 6-8 Fritters

INGREDIENTS

2 cups (250 grams) chickpea flour (besan)
1/2 cup (60 grams) self-raising flour
2 tablespoons cornflour
3 tablespoons rice flour
1 teaspoon baking powder
1 large potato, coarsely grated
1 large carrot, coarsely grated
1 large onion, chopped
1/4 teaspoon chilli powder
1/4 teaspoon ground cumin
1/4 teaspoon ground turmeric
3 spring onions, finely chopped
1 tablespoon fresh lemon juice
1 tablespoon I spray oil
1 cup (250 ml) water, approximately

Preparation

1. In a bowl, combine chickpea, self-raising flour, cornflour, rice flour and baking powder.
2. Add potato, carrot, onion, chilli, cumin, turmeric, spring onions, lemon juice, 1 tablespoon of the oil and enough water to mix to a thick batter.
3. Stand for 5 minutes
4. Heat remaining oil in a frying pan over moderate heat.
5. Use 1 squirt spray oil in a non stick fry pan
6. Drop batter, 1 tablespoon at a time and fry on both sides until golden brown.
7. Drain on absorbent paper.
Serve hot, with chutney, chilli sauce or tomato sauce.