

Anita's Vegetable Pakora Recipe (makes 10-12)

Pakorras, also known as bhajis, are versatile gluten-free snacks that can be made using chicken, fish pieces or vegetables.

one medium potato (coarse thin slices)
one medium onion (large slices)
Handful of washed spinach leaves (chopped coarsely)
Approx. 150-200g Gram Flour (Besan)
one to one and a half green chillies, (finely chopped)
one and half teaspoon cumin seeds
1 tsp coriander seeds (crushed in pestle and mortar)
1 tsp salt
2 tsps gharam masala
cold water to mix the batter
sunflower oil fo deep frying

Place the chopped vegetables into a bowl and cover with the gram flour. Add seeds and spices and chillies to the dry mixture.

Slowly add water to the mixture and mix after each addition until a thick, wet batter (similar consistency as pancake batter) is formed, which binds the vegetables together.

Deep fry large tablespoons of the batter in hot oil (sufficiently hot for cube of bread to brown in 15 seconds). Cook until the batter turns golden and the vegetables are cooked throughout

(approx.10mins). Deep fry the pakoras in batches of six or eight so that the temperature of the oil remains constant. Cooking too

many at once will cool the oil. Remove and drain on paper towels.

Serve warm with fresh homemade mint and apple chutney.