

Cauliflower Fritters and Mint Yoghurt

(Halve this recipe at home)

Equipment:		Ingredients:
Large ovenproof dish	Grater	4 tsp. cumin seeds
Kitchen paper	2 tea towels	4 tsp. coriander seeds
Frying pan	Whisk	2 tsp. salt
Measuring spoons and cups	Baking tray	2 tsp. ground turmeric
Wooden spoon	Tablespoon	2 tsp. ground ginger
Mortar & pestle	Plastic film	1 tsp. cayenne pepper
Bowls – small and large	Slotted spoon	2/3 cup chickpea flour
Chopping board	Serving bowls (1 per table)	1kg cauliflower
Knives – small and large		2 eggs
		1 cup natural yoghurt
		30 mint leaves (small bunch)
		½ cup vegetable oil

What to do:

- Preheat oven to 120°. Line ovenproof dish with kitchen paper and place it in the oven to keep warm.
- Heat the frying pan over a medium heat. Toast the cumin seeds in the dry pan, stirring until they become fragrant, and then tip them into the mortar.
- Repeat this process with the coriander seeds. With the pestle, grind the coriander and cumin seeds to a coarse powder. Tip the spice powder into the large bowl.
- Add the salt, turmeric, ginger, cayenne pepper and chickpea flour.
- Set out your chopping board and knives. Cut the cauliflower including the stem, into big pieces.
- Grate the pieces of cauliflower onto a clean tea towel using the coarsest blades on the grater. When complete, gather up the tea towel into a tight bundle or sausage, and squeeze it over the sink to extract any excess liquid. Tip the squeezed cauliflower into the large bowl with the spices.
- Crack the eggs into a small bowl and whisk together. Add to the cauliflower and spices. Stir with a wooden spoon until well combined.
- Using your hands, squeeze the cauliflower mixture into balls about the same size as a falafel or a walnut. You should be able to make at least 24 balls – check to see how many you need so that everyone will get at least one to try. Place the finished balls on the baking tray ready to fry.
- Place the yoghurt into a small mixing bowl. Rinse the mint leaves, pat dry and chop coarsely. Add to the yoghurt and mix together. Cover with plastic and refrigerate until ready to serve.
- Place about 1½ tbsp. oil in the frying pan and heat over high flame. When the oil is hot, carefully put ¼ of the fritters into the hot oil and fry them, turning them gently until they are golden brown all over. Not crowding the pan will make it easier to turn the fritters.
- When the fritters are cooked, place them into the warmed oven dish and return to the oven to keep them warm.
- Cook the remaining fritters in batches.
- Transfer fritters to serving plates, with a ramekin of the minty yoghurt for dipping on each.