

## Baked Pakora

<p><b>Equipment:</b>          Large mixing bowl          Chopping board and knife          Graters          Large ovenproof tray          Kitchen paper          Measuring spoons and cups          Wooden spoon          Knives – small and large</p>	<p><b>Ingredients:</b>          2 cups chickpea flour (aka - Gram flour, Garbanzo flour, besan)          1 tsp baking powder          1 tsp salt          2 tsp garam masala or curry          1 and ½ tsps. cumin          ½ tsp turmeric          ½ tsp crushed red pepper          ½ tsp garlic powder or 2 cloves fresh, crushed garlic            ½ head small cauliflower, chopped into small bite-size pieces (about 3 cups)          1 small/medium onion, finely chopped          ½ cup peas (fresh/frozen)          1 large carrot, grated          1 small red potato, grated            Sauce of choice</p>
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### What to do:

1. Preheat oven to 220°C. Grease a large baking sheet very well with your favourite mild cooking oil, e.g. vegetable oil.
2. In a large bowl, mix together the dry ingredients. Stir in enough water to create a batter, which will be almost pancake-batter consistency but a little thicker. It took me about 1¼ cups of water. Don't add extra water. If you had the luxury of time you could let the batter sit for 20 minutes. In the classroom kitchen we are unlikely to have this time.
3. Prepare veggies and then dump them all into the batter, mixing well to coat
4. Using a tablespoon (the kind you eat with), take scoops of battered veggies and drop onto the well-oiled baking sheet
5. Bake for 8-9 minutes, then flip and bake another 10 minutes, until golden brown. You can spray or brush them with oil before putting them back in the oven if you're looking to resemble the deep-fried version a little more closely.
6. Serve hot with 'Raita' or an Indian tomato sauce or just enjoy them on their own! I like to mix garlicky, tomato sauce with a little Greek yogurt or sour cream and some curry paste to taste.