

Carrot, Cumin and Herb Fritters

Makes approx. 60 small fritters

Equipment:	Ingredients:
Salad spinner	1 kg large carrots, grated coarsely
Clean tea towel	120 ml olive oil
Chopping board	4 onions, finely chopped
Knives – 1 large, 1 small	6 eggs
Vegetable peeler	400 ml milk
Grater	1½ cup mint leaves, chopped
Colander	1½ cup parsley, chopped
Kitchen paper	4–6 garlic cloves, finely chopped
Small, heavy-based frying pan	400 g self-raising flour
Wooden spoon	1½ tsp baking powder
Bowls – 2 medium, 1 large	3–4 tsp cumin seeds
2 forks	Salt and pepper to taste
Heavy-based, non-stick frying pan	More flour and milk, as needed
Tablespoon	Vegetable oil, for shallow frying
Spatula	Edible flowers and herbs to garnish
Baking tray	For the sauce:
Aluminium foil	1½–3 cups reduced fat, continental yoghurt, flavoured with herbs or spices

What to do:

1. Preheat the oven to 150°C.
2. Put the grated carrot into a colander. Wrap the grated carrot in a tea towel and twist to extract as much carrot juice as possible.
3. Put the small frying pan on high heat and add the olive oil. When the oil is hot, add the onions and stir with a wooden spoon. Sauté until the onions are golden brown.
4. Break the eggs into a medium-sized bowl and beat them lightly with a fork.
5. Add the milk to the beaten eggs.
6. Put the carrot, onion, mint, parsley, garlic, flour, baking powder and cumin seeds in a large bowl. Stir the ingredients together with a fork.
7. Add the egg and milk to the mixture gradually, stirring to mix together. You may need to add a little more flour or milk, depending on how thick your batter is – you don't want it too runny or too solid.
8. Season with salt and pepper to taste.

To cook the fritters:

9. Put the frying pan on medium heat. Add 2 tablespoons of oil.
10. Test the oil with a small drop of the batter. If it sizzles, it's hot enough to cook the fritters. If not, wait another couple of minutes. When the oil is hot, carefully place one tablespoon of the fritter mix into the pan and cook it for two minutes.
11. Gently flip the fritter over with a spatula and cook the fritter for another minute. Use the same process to cook the rest of the fritters.
12. Decide whether you want to serve the fritters with yoghurt on the side or with a tiny teaspoon of sauce on each fritter.

To make the yoghurt sauce:

13. Pour the yoghurt into a medium-sized bowl.
14. Add your preferred flavouring (see options below) and stir with a fork.
15. Keep the sauce in the fridge until serving.

Possible flavourings for yoghurt sauce:

- shredded mint
- 2 tablespoons honey
- 2 tablespoons tahini, juice of 1 lemon, salt and pepper and a pinch of cumin
- 2 tablespoons mixed herbs.