

Cauliflower Fritters and Mint Yoghurt

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	Slotted spoon	1 tsp. cayenne pepper
Bowls – small and large	Serving bowls (1 per table)	2/3 cup chickpea flour
Chopping board		1kg cauliflower
Knives – small and large		3 eggs (or egg replacement)
		1 cup natural yoghurt (or coconut yoghurt)
		30 mint leaves (small bunch)
		½ cup vegetable oil

What to do:

1. Preheat oven to 120°C
2. Heat the frying pan over a medium heat. Toast the cumin and coriander seeds in the dry pan, stirring until they become fragrant, and then tip them into the mortar. With the pestle, grind the coriander and cumin seeds to a coarse powder. Tip the spice powder into the large bowl.
3. Add the salt, turmeric, ginger, cayenne pepper and chickpea flour.
4. Set out your chopping board and knives. Cut the cauliflower including the stem, into big pieces.
5. 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.
6. Crack the eggs into a small bowl and whisk together. Add to the cauliflower and spices. Stir with a wooden spoon until well combined.
7. Using your hands, squeeze the cauliflower mixture into flattened balls about the same size as a falafel or a walnut. You should be able to make at least 34 flattened balls – check to see how many you need so that everyone will get at least one to try. Place the finished flattened balls on the baking tray ready to fry.
8. Place the yoghurt into a small mixing bowl. Rinse the mint leaves, pat dry and chop coarsely. Add to the yoghurt and mix together. Refrigerate until ready to serve.
9. Place about 1½ tbsp. oil in the trying pan and cook on medium heat. Place each ball of mixture in the frypan. Do not crowd the pan. Cook on either side until golden brown. Serve with the yoghurt on the side.