Cauliflower Pakora
Presented by Jesse Marchinko
Ingredients
1 cup cauliflower florets 95g, cut in bite-sized pieces
1/4 cup chickpea flour 32g (also called gram flour/garbanzo flour)
1/4 tsp salt
1/4 tsp turmeric
1/4 tsp garlic (grated/crushed - a heaped 1/4 tsp is fine)
1/4 tsp ginger (fresh, grated)
3 tbsp water or a little more if needed
Instructions
1. Cut the cauliflower into smallish florets so they are either bite-sized or slightly smaller. Wash
and pat dry.
2. Mix together the chickpea flour, salt, turmeric, garlic, ginger and water to make the batter. It
should stick to the back of a spoon but not be so thick it doesn't run off at all.
3. Put the pieces of cauliflower into the batter and mix well so the pieces of cauliflower are well
coated in the batter. Spoon bits into the gaps if needed.
4. Heat some vegetable or other flavourless oil on medium in a small skillet/frying pan - around 1/3
in (1 cm) deep or a little more. Once it is warm, take spoonfuls of the cauliflower and place in
the pan (generally 1-2 pieces of cauliflower in each spoonful, depending on size).
5. Once the pakora have been cooking around 2-3 minutes and are becoming golden on the
bottom, turn over with a slotted spoon and cook on the other side. Turn to any other side not
yet cooked if needed. Once golden all over, remove from the pan with a slotted spoon to drain
off excess oil then put on paper towel to drain. Repeat with the rest of the batter.
6. Serve either as they are or with raita (spiced yogurt dip).
Notes
Note - you can adapt seasoning to taste i.e. add a bit of chili䈙�4㝐 đ憐័fp爀Tss退�ᇠ Āicऀs鈘耖ifoက ༡䙠័tesinglŠ琡鸀��it ttŖt