

Happy Holidays from ePublishingPartners, Inc.

From our table to yours!

Cut along dotted line



Cauliflower Fritters



Ingredients

1 large head of cauliflower	seasonings of your choice (I use black pepper, cumin, and coriander)
1/2 small onion, diced small	
1 clove garlic, minced finely	cooking oil of your choice
2 TBSP chopped parsley	
1 cup all-purpose-flour, white or whole-wheat	
2 eggs, beaten	
salt	
seasoning	

Directions

1. Break the cauliflower up into florets and blanch 1–2 minutes in salted boiling water or steam lightly. You want to soften the cauliflower slightly, but do not cook through.
2. Cool the blanched cauliflower and chop it by hand or in a food processor into pea-sized bits. If the pieces are too large, the fritter mixture won't bind well.
3. Combine all the ingredients well and let the mixture rest for 10 minutes or so. Use a small ice cream scoop or your hands to form 1 1/2-inch balls.
4. Heat a large skillet to medium hot and add 2–3 tablespoons of oil. Put 4 or 5 balls in the pan and let them cook for a minute or so. Then gently flatten them by hand to form 1/4-inch thick fritters. Cook for 2–3 minutes. Flip the fritters gently and cook for about 3 minutes. They should be nicely browned on either side.

These fritters are crisp on the outside and creamy on the inside with a bit of crunch. Serve with raita as a first course or as a side dish with just about any entree. I sometimes have them for breakfast with a poached egg on top.

ePublishingPartners.com

Fold here →

← Fold here