



PARKLANDS FOOD FEST VIRTUAL KITCHEN



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CAULIFLOWER LEAF BHAJI



INGREDIENTS

Cauliflower leaf Bhaji

Leaves and stems of
1 cauliflower

½ brown onion, sliced

½ inch fresh ginger, grated

1 tsp salt (flat)

2 sprigs curry leaf

½ tsp turmeric

½ tsp fennel seed

80ml water

¾ cup besan
(chickpea) flour

Oil to fry

METHOD

Wash the cauli leaves well and cut the stem lengthways. Shred the cauli stems and leaves. Mix with the onion, ginger and salt and then crush lightly with your hands. Add spices, baking powder, water and besan then mix until a thick batter forms. If it needs more flour add a little at a time.

Fry a tablespoon at a time in oil at 180 until very crispy. Alternately, heat 2 inches of oil in a 20cm pot until hot enough that a drop of batter starts frying immediately.

As it cooks, lots of little pieces will come off the fritters. Serve these too! They are delicious.

Serve while still warm with tomato offcut raita.

TOMATO OFFCUT RAITA



INGREDIENTS

1 cup natural or Greek yoghurt

50ml water

½ cup tomato offcuts

6 sprigs mint or coriander

Salt and sugar to taste

METHOD

Chop the tomato pieces finely and shred the mint. Mix all together with the remaining ingredients and check seasoning.

Top with fried curry leaves before serving with the bhaji. Enjoy!



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