



Broccoli & Cauliflower Fritters

Season: Winter/Spring

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: broccoli, cauliflower, dill or chives, eggs, parsley

Recipe source: Adapted from a recipe by Giovanna Ghelardini, Kitchen Specialist, Elwood Primary School, Victoria

This is a great use of broccoli and/or cauliflower in a crunchy dish. If you don't have broccoli, simply substitute the quantity with cauliflower, and vice versa.

Equipment:

metric measuring scales, jug,
cups and spoons
deep fryer or wok
2 clean tea towels
chopping board
cook's knife
pot with steamer and lid
3 medium bowls
whisk
kitchen paper
serving bowl for dressing

Ingredients:

4 L vegetable oil, for fryer
2 heads broccoli, cut into florets
1/2 cauliflower, cut into florets
salt and pepper, to taste
1 1/2 cups flour
1 1/2 tsp bicarbonate of soda
4 eggs
1 handful of parsley, finely chopped
3 cups breadcrumbs



For the dressing:

1 handful of dill or chives, finely
chopped
250 g natural yoghurt

What to do:

1. Add oil to the deep fryer and set to 170°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Steam the broccoli and cauliflower for 2 minutes.
4. Drain, pat dry on a clean, dry tea towel. Tip them back into the dry pot or steamer and season with salt and pepper.
5. Place the flour and bicarbonate of soda into a bowl and mix.
6. Whisk the eggs in a bowl and add the parsley.
7. Place the breadcrumbs in another bowl.
8. Dip each piece of vegetable individually into the flour mixture, then into the eggs mix, then into the bread crumbs.
9. Gently shake excess flour and breadcrumbs off, so the batter and oil don't get gluggy. (Try to use just one hand to do the dipping, leaving a clean one for picking up each piece of vegetable.)





Broccoli & Cauliflower Fritters continued

10. ***Very carefully place fritters into the deep fryer basket and fry until golden brown.** Do not overcrowd the basket. *Place* the fritters in the oil, don't drop them or the hot oil will splash.
11. Drain the fritters on kitchen paper.
12. Mix the dill or chives into the yoghurt. Season to taste with salt and pepper. Serve alongside the fritters.

* Adult supervision required.

Note: A wok can be used instead of a deep fryer. To test if the oil is ready, drop a small cube of bread into the oil and if it sizzles, then it is ready.

