

Carrot, Cumin & Herb Fritters with Yoghurt Sauce

Season: Autumn/Winter/Spring

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: carrots, coriander, edible flowers, eggs, garlic, lemon, mint, onions, parsley, soft herbs

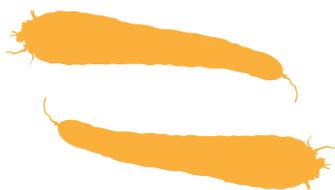
Recipe source: Desley Insall, Kitchen Specialist, Collingwood College, Victoria

The yoghurt sauce for this recipe can be flavoured in a variety of ways, depending on your taste and what you have on hand. Mint, honey, tahini or other fresh herbs are popular options, but students can use their imaginations to create a sauce of their own.

Note: Volunteers should check that there is at least one fritter per student.

Equipment:

metric measuring spoons,
scales and jug
clean tea towel
chopping board
cook's knife
grater
whisk
2 heavy-based frying pans –
1 large, 1 small
wooden spoon
bowls – 2 medium, 1 large
mixing spoon
spatula
paper towel
baking tray
aluminium foil
fork
serving platter



Ingredients:

For the fritters:

2 tbsp olive oil
3 onions, finely chopped
1.5 kg large carrots, coarsely grated
1 large handful of coriander
leaves, chopped
1 large handful of parsley, chopped
4 garlic cloves, finely chopped
900 g plain flour, plus extra if needed
1½ tsp baking powder
3 tsp cumin seeds, toasted
900 ml reduced-fat milk, plus
extra if needed
6 eggs, lightly beaten
¼ tsp salt
¼ tsp pepper
vegetable oil, for shallow frying
edible flowers and soft herbs,
to garnish

For the yoghurt sauce:

375 g–750 g reduced-fat yoghurt, flavoured
with one of the below options:
1 small handful of mint, finely chopped, OR
2 tbsp honey, OR
2 tbsp tahini, juice of 1 lemon and a pinch
of ground cumin, OR
1 small handful of mixed soft herbs,
finely chopped



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Preheat the oven to 150°C.
3. Heat the olive oil in the small frying pan over a high heat.
4. Add the onion and sauté, stirring frequently, until golden brown. Remove from the heat and transfer to the large bowl.
5. Add the carrot, coriander, parsley, garlic, flour, baking powder and cumin seeds to the large bowl. Stir the ingredients to combine.
6. Combine the beaten egg with the milk in a medium-sized bowl and whisk to combine.
7. Gradually add the egg and milk to the carrot mixture, stirring to combine. You may need to add a little more flour or milk, depending on how thick your batter is – you don't want it too runny or too thick.
8. Season with the salt and pepper.

To cook the fritters:

1. Place the large frying pan over a medium heat. Carefully pour in enough vegetable oil to cover the base of the frying pan. (This is quick shallow-frying, so you need hot oil to ensure that the fritters don't get soggy and saturated with oil.)
2. Test the oil with a small drop of the carrot batter. If it sizzles, the oil is hot enough to cook the fritters. If not, wait another couple of minutes.
3. ***When the oil is hot, carefully place 1 tablespoon of the fritter mixture into the pan and cook for two minutes.**
4. Gently flip the fritter over with the spatula and cook for another minute.
5. Repeat this process to cook the rest of the fritters. You should have enough fritters to serve one per diner.
6. Place the cooked fritters on paper towel on the baking tray. Cover with foil to keep warm until serving.

To make the yoghurt sauce:

1. Pour the yoghurt into a medium-sized bowl.
2. Add your preferred flavouring and stir with a fork.
3. Keep the sauce in the fridge until serving.



To serve the fritters:

1. Serve the fritters with the yoghurt sauce on the side or with 1 teaspoon of yoghurt sauce on each fritter.
2. Garnish with edible flowers and soft herbs.

*Adult supervision required.