



Cauliflower Fritters

Season: Winter

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: cauliflower, coriander, eggs, garlic, lime, onion, parsley

The lime yoghurt is a simple but tasty addition to the cauliflower fritters, which are always lovely during winter. Make sure you cook the cauliflower until it is tender but not mushy.

Equipment:

metric measuring scales and spoons
oven-proof serving platters
large saucepan
clean tea towel
chopping board
cook's knife
zester or grater
citrus juicer
mortar and pestle
bowls – 1 medium, 1 large
whisk
mixing spoon
colander
wooden spoon
large heavy-based
frying pan
large spoon
spatula
kitchen paper
small serving bowls for the yoghurt

Ingredients:

For the fritters:

500 g cauliflower, leaves discarded, cut into small florets
1/2 onion, peeled and finely chopped
1 handful of parsley, finely chopped (plus a few extra leaves to garnish)
2 garlic cloves, peeled and finely chopped
2 tsp roasted and ground cumin
6 eggs
180 g plain flour
1 1/2 tsp ground cinnamon
1 tsp ground turmeric
2 tsp salt
1 tsp black pepper
1 cup sunflower oil, for frying

For the lime yoghurt:

zest and juice of a lime
1 small handful of coriander leaves, finely chopped
300 g Greek yoghurt
2 tbsp olive oil
salt and pepper, to taste



What to do:

1. Preheat the oven to 70°C and place the oven-proof serving platters inside to warm.
2. Fill the large saucepan with water and bring it to the boil.
3. Prepare all of the ingredients based on the instructions in the ingredients list.
4. Place the cauliflower florets in the boiling water and cook over a medium heat for 10–15 minutes.





5. While the cauliflower is cooking, make the batter by whisking together the onion, parsley, garlic, cumin, eggs, flour, cinnamon, turmeric, salt and pepper in the large bowl.
6. Next make the lime yoghurt by combining the lime juice and zest, coriander, yoghurt and oil in the medium mixing bowl. Season to taste with salt and pepper. Keep in the fridge while you make the fritters.
7. Test the cauliflower after 10 minutes – it should be cooked until it is tender but not mushy.
8. Drain in the colander in the sink.
9. Add the warm cauliflower to the bowl of batter and stir with the wooden spoon, breaking down the cauliflower into chunky pieces.
10. Heat the frying pan and add sunflower oil.
11. When the oil is hot, place large spoonfuls of batter carefully into the oil making sure they are not too close together, or the pan will get too cool and the fritters will run into each other.
12. Cook for about 4 minutes then carefully turn over with the spatula and cook the other side for 4 minutes.
13. Remove and drain the fritters on kitchen paper. Keep them warm in the oven while you finish the rest.
14. Serve with lime yoghurt dressing.

