



Zucchini Fritters

You will need:

- 125g Yellow Split Pea Flour
- 125g Chickpea Flour
- 160g (150ml) of milk (dairy / non dairy)
- 160g (160ml) of water
- 800g of vegetables (grated or roasted)
- 2 level teaspoons of baking powder
- Approximately 2 teaspoons of salt
- Spice blend to your taste (I use 2 full teaspoons)
- 1 teaspoon Nigella Seeds (optional)
- Ghee / coconut oil for frying

*A super easy base recipe.
Just adjust to use whatever
veg you have on hand and
change the spicing to suit...
Indian, Mexican, Moroccan
style all work well.*

1. Start half an hour or so before you want to serve.
2. Place a clean tea towel in a colander or sieve and set aside.
3. Grate the zucchini. Mix in 1½ teaspoons of salt and tip into the tea towel. Leave it to drain for at least 20 minutes.
4. Measure the Yellow Split Pea Flour, Chickpea Flour, spice blend, baking powder, seeds (if using) and remaining salt into a large bowl. Add milk and water. Mix together and set aside.
5. Once the zucchini have had some time to drain, gather the ends of the tea towel and squeeze the zucchini to remove some of the water. No need to squeeze out all the water - don't make them too dry.
6. Add the zucchini to the bowl with the batter and mix everything together.
7. Heat a heavy based frying pan and add about a tablespoon of oil. The oil should be hot, but not smoking.
8. Ladle spoonfuls of batter into the pan. Flatten gently and cook until small bubbles appear on the surface and the underside is gently browned. Flip & cook the second side.
9. Add a little more oil between each batch of fritters.
10. Serve immediately or keep warm until you're ready to eat.
11. Lovely served with yoghurt and chutney, relish or kasoundi.

Zucchini works really well, but try any veggies you have on hand. Just grate and salt them, let them drain and then squeeze some of the excess water out. Roasted veggies are also lovely. Just remember to add a little salt when you roast them, and a little salt to the batter. You may need to add a little extra water to the batter.