



Cauliflower Fritters

Season: all

Serves: 30

Recipe source: Taste.com

Fresh from the garden: 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.

<p>Equipment:</p> <p>measuring scales and spoons serving platters large saucepan cook's knife zester or grater citrus juicer 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 alfoil</p>	<p>Ingredients:</p> <p>850g cauliflower, trimmed, cut into florets 2 cups self-raising flour 2 tbs garlic, crushed (jar) 1/4 cup flat-leaf parsley leaves chopped 1 cup grated cheese 2 eggs, lightly beaten 1/4 cup water olive oil, for shallow-frying</p> <p>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</p>
--	--

What to do:

1. Preheat oven to 150°C. Bring a saucepan of salted water to the boil over high heat. Add cauliflower. Return to the boil and cook, uncovered, for 4 to 6 minutes or until tender. Drain. Transfer to a board and roughly chop. Place in a bowl. Set aside to cool.
2. Sift flour over cooled cauliflower. Add garlic, parsley and cheese. Stir to combine. Pour over egg and stir until well combined. Slowly add 1/4 cup water, stirring until a thick batter forms.
3. Add enough oil to a large, non-stick frying pan to cover base. Heat over medium heat until oil is hot. Using 1/4 cup of mixture per fritter, spoon fritters, 5 at a time, into hot oil. Cook for 4 to 5 minutes each side or until golden and cooked through. To keep warm place on a tray under alfoil while cooking remaining fritters.
4. 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.

Serve fritters hot or cold with yoghurt.