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## **Pakora (Indian Vegetable Fritters) with Apple Mint Chutney and Yogurt Raita**

*By Susie Iventosch*

(Recipes by Carolyn Zezima)

### INGREDIENTS

3 cups chickpea flour  
2/3 cup brown rice flour  
2 teaspoons cumin seed  
1/2 teaspoon mustard seed  
1 teaspoon oregano  
1 teaspoon cayenne  
1 teaspoon coriander powder  
2 teaspoons turmeric  
1 teaspoon white pepper  
1 1/2 teaspoons salt  
1/4 teaspoon baking soda  
3 cups water (approx.)  
1 large onion, chopped  
2 scallions, thinly sliced  
1/4 cup cilantro, chopped  
1 cup frozen or fresh cooked peas  
2/3 cup cooked cauliflower (or turnips or white potatoes),  
cut in 1/2-inch pieces, par boiled  
2/3 cup cooked spinach, chopped  
Coconut oil for frying

### DIRECTIONS

Combine the chickpea flour and brown rice flour in a large mixing bowl.

Toast the cumin seeds and the mustard seeds in a small sauté pan over medium heat until you can start to smell the aroma and the pan just begins to smoke. Grind together in a spice or coffee grinder. Combine in a small bowl with the other spices, salt and baking soda.

Add spices to flour mixture and combine thoroughly.

Add water gradually, until mixture forms a thick paste.

Stir in vegetables until fully combined.

Pour oil in a large, deep skillet until it reaches 2 inches from the top, or in a deep fryer. Heat over medium high heat to about 350 degrees or until a small amount of the mixture sizzles immediately when dropped into the oil. (Susie's note: We sautéed the fritters for about 3 minutes a side, in a large skillet in a little bit of oil, instead of deep frying them, and they turned out great.)

Drop over-heaping tablespoons of the mixture into the oil and fry until golden brown, turning after about 3 or 4 minutes and frying another 2 to 3 minutes each.

Drain excess oil on paper towels.

Serve with Apple Mint Chutney and Yogurt Raita (recipes follow).

Makes about 20-30 fritters.

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[back](#)

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