

5th November 2021



CARROT & PARSNIP BHAJIS

PREPARATION TIME:

Less than 30 mins

COOKING TIME:

10 to 30 mins

SERVES:

4

INGREDIENTS

150g Carrots

150g Parsnips

120g Gram Flour

1 tsp Ground Cumin

1 tsp Curry Powder

1 tsp Ground Coriander

1 tsp Salt

2 Eggs

1.5-2 litres Oil, for frying

CHUTNEY

Large handful fresh Coriander

3 fresh Green Chillies

3 tbsp Lemon Juice

1 tsp Olive Oil

1/2 tsp Salt

1 tsp Caster Sugar

I am an over-zealous carrot buyer. I buy far more than I need. Week in, week out, I never learn. So I've devised a few recipes for using up my root veg at the end of the week in ways that aren't carrot cakes. Here I fry my carrots instead.

METHOD

For the bhajis, put the carrots, parsnips, gram flour, cumin, curry powder, ground coriander and salt into a large bowl and mix with your hands to release some of the moisture.

Add the eggs and mix well. The mixture should look like a thick batter. Almost like an uncooked carrot cake batter.

Fill a deep-fat fryer or a large pan with oil. Heat to 150C (a drop of batter should sizzle and float to the top). Working in batches, drop heaped teaspoons of the batter into the oil and cook for 3-4 minutes, turning the bhajis all the time so they are an even golden colour. Drain on kitchen paper while you cook the rest.

To make the chutney, put all the ingredients into a food processor and blend to a smooth past. Serve with the bhajis.