

Beetroot Fritters

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- 400g fresh beetroot, cooked, peeled and coarsely grated
- 4 spring onions, finely chopped
- 6 tablespoons parmesan, grated
- 400g feta cheese, crumbled
- 2 eggs, beaten
- 2 tablespoons dill, finely chopped
- 2 tablespoons parsley, finely chopped
- 400g breadcrumbs
- 120g plain flour
- rice bran oil, for frying
- salt/pepper
- 1 lemon

Equipment:

- grater
- chopping board
- knife
- saucepan
- frying pan
- paper towel
- slotted spoon
- metric measuring spoons/cups
- scales

Method:

1. Mix the beetroot, spring onions, cheese, egg and herbs together. Season, then add enough breadcrumbs to bind the mixture.
2. Cover and place in the fridge for 1 hour.
3. Shape the mixture into golf size balls, adding a little flour if the mixture is too wet.
4. Season the flour and coat the balls in it.
5. Heat oil in a frying pan until hot and fry fritters in batches until golden all over.
6. Remove with a slotted spoon and drain on a paper towels.
7. Serve hot with a squeeze of lemon.