

Cauliflower fritters

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- One whole Cauliflower, cut into small florets
- 300g self-raising flour
- 100g parmesan cheese, grated
- 1 garlic clove, crushed
- 3 tablespoons parsley, chopped
- 3 eggs, lightly beaten
- salt/pepper, for seasoning
- rice bran oil, for frying

Equipment:

- metric measuring scales and spoons
- chopping board
- cook's knife
- medium saucepan
- colander
- mixing bowl
- whisk
- wooden spoon
- large frypan

Method:

1. Prepare all ingredients as stated in the ingredients list.
2. Bring a pot of salted water to the boil, add the cauliflower and cook until soft (if a fork goes through the cauliflower easily it is cooked). Drain and cool in a bowl.
3. Add the flour, cheese, garlic, parsley and some salt and pepper to the cauliflower and mix lightly.
4. Add the beaten eggs to the mixture and mix again. If the mixture is too dry, add a little water to bring it together.
5. Heat enough oil to cover the base of a frying pan over medium heat. When hot, add tablespoons of the mixture, taking care not to overcrowd the pan. Cook until golden, turn and flatten slightly. Cook on the other side until golden and cooked through to the centre.
6. Serve hot or at room temperature.

*Adapted from recipe in Rosa Mitchell, *"My cousin Rosa – Rosa Mitchell's Sicilian Kitchen"* (2009).