

# Spiced Cauliflower Fritters with Yoghurt & Jackfruit & Lime Sambal

I just love a good fritter! They are easy, versatile and make a fabulous entree` when entertaining on a budget. These bundles of spicy joy were no exception and with a dollop of cooling yoghurt and a whack of the most gorgeous store bought sambal, they were a busy entertainer's delight!

\* Do not despair! You can check out and find stockists for the sambal at [www.goancuisine.com.au](http://www.goancuisine.com.au) or else use any store bought Indian style chutney, the dish will still be delicious. I just have a habit of buying chutneys, sambals, sauces & pickles every time I walk into a gourmet food shop and then have to try and use them up!

Prep time: 20 Minutes  
Low Budget

Cooking time: 25 Minutes

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Makes approximately 14 Fritters (I served 6 for entree and had 2 left over for lunch the next day)

Vegetable oil for frying

500gm of cauliflower, finely chopped or whizzed up in the food processor

1 small brown onion, finely diced

2 cloves of garlic, finely chopped or grated

1 tbs of grated ginger

1 tsp of ground cumin

1 tsp of ground coriander

1/2 tsp of turmeric

1/2 a bunch of coriander, finely chopped

1/2 tsp of chilli powder

3/4 cup of rice flour\*

1/2 cup of plain flour

3 eggs, lightly beaten

1/2 cup of milk

Sea salt and cracked pepper

6 tbs of Greek yoghurt

6 tbs of store bought Indian chutney (I used Jackfruit & Lime Sambal)

Coriander sprigs for garnish

Extra virgin olive oil for drizzling

Combine the cauliflower, onion, garlic, ginger, spices and coriander in a large bowl and mix well to combine. Add the rice flour, plain flour, milk and eggs, season the mixture liberally with salt and pepper and mix really well to combine until you have a thick chunky batter.

pre heat the oven to 160°C . Heat a large frypan and add enough oil to just cover the base of the pan. When the oil is nice and hot, spoon the batter into the pan with a tablespoon (you should get about 8 in a large pan) and flatten slightly with the back of the spoon. Turn the fritters when the sides are just starting to go golden and fry until golden on the other side. When cooked, place them on a rack, on a baking tray and keep them warm in the oven. Repeat with the remaining mixture and pop them in the oven for approximately 8 minutes to ensure they are cooked right through the middle.

Place two fritters in the centre of a serving plate, one overlapping the other. Place a nice dollop of yoghurt on top and then spoon a tablespoon of sambal or chutney on the yoghurt. Repeat with the remaining fritters and top with coriander sprigs and a drizzle of extra virgin and serve.....

This is another dish that I prepared ahead of time. I had the vegetables and coriander in one bowl, the flours and spices in another and the milk and eggs in another. I combined them all just before frying, when my guests were happily seated at the table, drink in hand. Simple!

\*Rice flour is available in most supermarkets and gourmet food shops. It is a nice light flour but you could use plain flour but I would limit it to one cup. You can easily add a little more if the batter is too runny. For the gluten intolerant, just use all rice flour....