



SURREY
FOOD BANK



MINNI'S CRISPY VEGETABLE PAKORAS RECIPE

Ingredients

- 1 large potato, thinly sliced
 - 1 large red or white onion, thinly sliced
 - 1 small package of baby spinach, roughly chopped
 - 1 handful of fresh coriander (cilantro), chopped with stalks
 - 1½ cups chickpea flour
 - ½ tsp baking soda
 - 1 tsp Kashmiri red chili powder (adjust to taste)
 - 1 tsp finely chopped green chilies (optional)
 - 1 tsp chaat masala
 - 1 tbsp dried fenugreek leaves, crushed
 - 1 tsp cumin seeds
 - 1 tsp coriander seeds
 - ¼ tsp turmeric powder (optional)
 - 2 tbsp rice flour
 - 1-1½ tsp salt (to taste)
 - 2-4 tbsp water (as needed)
 - Vegetable oil for frying
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Method

1. **Prepare Spices:** Coarsely crush the cumin and coriander seeds using a mortar and pestle.
2. **Combine Ingredients:** In a large bowl, mix all ingredients except the baking soda and water. Let the mixture sit for 20 minutes to allow the vegetables to release moisture.
3. **Adjust Batter Consistency:** Stir the mixture again, adding water slowly (1 tablespoon at a time) to create a medium-consistency batter that evenly coats the ingredients. The batter should neither be too thick nor too thin.
4. **Heat Oil:** In a heavy pot or Dutch oven, heat 2 inches of vegetable oil to approximately 350°F (just before smoking).
5. **Add Baking Soda:** Just before frying, stir the baking soda into the batter.
6. **Fry Pakoras:** Drop small mounds of batter into the hot oil and fry until crispy and golden, turning as needed to cook evenly.
7. **Drain and Serve:** Remove the pakoras from the oil and place them on a paper-lined plate to drain excess oil. Serve warm with your favorite sauce or chutney.