

Jas' Award Winning Pakoras**Winner of Best in Show 2022****In a large bowl add veg and mix together**

- 1 lb of onions thinly sliced
- 1 lb of pots -cut into small pieces and added uncooked
- ½ medium sized cauliflower – cut into small florets pieces
- 1 bag of baby spinach

Add dry ingredients and mix together

- 9 heaped tablespoons of gram flour (also known as besan)
- 1 heaped teaspoon salt
- 1 heaped teaspoon hot chilli powder (can us dried chilli/flakes or 4 large fresh chillies - to taste)
- 1 heaped teaspoon of cumin seeds
- 1 and a half heaped teaspoons of garam masala

Put full heat on under a wok or similar wide vessel containing oil (vegetable or sunflower or corn)

Add liquids to vegetable mixture

A good squirt of tomato ketchup or a tablespoon of plain yoghurt and 100ml of water

Mix through with your hand, making sure all the ingredients are covered with this **thick batter**.

Test the oil is hot by putting a small piece of batter mix into the oil, it should sink to the bottom and rise to the surface after a few seconds.

Gather a large handful of batter in your hand and using the thumb and forefinger carefully release bite size pieces of batter into the oil. You can use a large serving spoon and a smaller spoon to pull the batter into the oil from the larger spoon.

Fill the pan up with the pakoras. Do not heap on top of each other and use a slotted/skimmer/draining spoon to create areas to put more in.

Gently and occasionally turn around in the pan until darkish golden brown.

Turn the heat down and lift out with the slotted/skimmer/draining spoon onto kitchen paper to drain excess oil.

Only turn up the heat when ready to add the next batch. Do not have the old too hot or the batter will cook before the veg inside.

Enjoy hot or cold.

