

JENN'S SPICY CAULIFLOWER FRITTERS

A short while ago Jennifer Grieg from Glasgow contacted me and told me about a recipe she had found in a supermarket magazine, and between us we converted the recipe into a delicious low protein version. The cauliflower is marinated in a tasty mixture, coated in a spiced batter and then deep fried until golden and crispy. If you prefer, You can part cook the cauliflower beforehand, by steaming or boiling for a couple of minutes, but if you use it raw, it gives a crunchy texture to the fritters which everyone liked. The sauce for dipping is so easy to make and very tasty, its a good idea to make double the recipe and use it to serve with other meals.

For a hotter taste, just use more crushed chillies in the marinade, or add some to the batter mixture.

For the marinade:

1 small cauliflower

2 cm root ginger, grated

½ - 1 tsp crushed dried chillies

3 tbsp oil

1 tbsp fresh lime juice

1 tbsp suitable sweet chilli sauce

For the batter:

1 tsp ground cumin

1 tsp ground turmeric

1 tsp ground coriander

75g Fate Low Protein All-Purpose Mix

Pinch of salt

100mls suitable dry cider

For the dipping sauce:

2 tbsp suitable tomato ketchup

1½ tbsp suitable sweet chilli sauce

1½ tbsp suitable mango chutney

1 tbsp fresh lime juice

For cooking:

Oil for deep frying

Methods:

1. Cut the cauliflower into small florets.
2. In a bowl, mix together the ginger, chilli, oil, sweet chilli sauce and lime juice.
3. Gently mix in the cauliflower florets, ensuring they are all covered in the marinade. Cover and leave for at least 1 hour.
4. Now make the batter. In a separate bowl, add the Fate All Purpose Mix, cumin, turmeric, coriander and salt. Add 1 tsp crushed dried chillies if you want them extra spicy.
5. Gradually whisk in the cider, it should be smooth and creamy.
6. Drain the cauliflower from the marinade.
7. Stir them into the batter and fry in hot oil for 3-5 mins depending on the size.
8. Drain on kitchen paper.
9. Combine all the ingredients for the dipping sauce, and serve with the fritters. They are also good with a squeeze of lime juice.

This recipe was provided by Fate low protein foods

National Centre for Inherited Metabolic Disorders