

## **JENN'S SPICY CAULIFLOWER FRITTERS**

*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, it's 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\*

2cm root ginger, grated

½ - 1 teaspoon crushed dried chillies

3 tablespoons oil

1 tablespoon fresh lime juice

1 tablespoon suitable sweet chilli sauce

\* may need to count as exchanges

### **For the batter:**

1 teaspoon ground cumin

1 teaspoon ground turmeric

1 teaspoon ground coriander

75g Fate Low Protein All-Purpose Mix

Pinch of salt

100ml suitable dry cider

**For the dipping sauce:**

2 tablespoons suitable tomato ketchup

1½ tablespoons suitable sweet chilli sauce

1½ tablespoons suitable mango chutney

1 tablespoon fresh lime juice

**For cooking:**

Oil for deep frying

**Method**

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 teaspoon 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 minutes 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*