

VEGETABLE PAKORAS



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20
min



Easy

INGREDIENTS

1 white onion • 1 medium new potato or sweet potato •
1 aubergine • 1 courgette • 1 red pepper

Batter:

300g wheat flour • 1 tsp salt • 1 tsp chilli powder •
1 tbsp cardamom • 1 tsp baking powder • 2 chopped green
chilli peppers • 2 tbsp chopped coriander • 3 tbsp almond oil •
Lukewarm water • Salt and pepper to taste

METHOD

Wash and uniformly slice the vegetables to a thickness of ½ cm • Lightly season with salt and pepper and save while you prepare the batter • Place the flours in a bowl and add the remaining ingredients, mixing well • Start adding the lukewarm water, stirring continuously • Add enough water until you have a smooth, fine batter that can coat each vegetable slice uniformly • Leave to rest for 15 minutes • Dry the vegetables to remove any surface moisture and dip in the batter before deep-frying in oil preheated to 150°C • To ensure they are well coloured and cooked through, make sure the oil gets no hotter • Dry on kitchen paper and serve immediately as an appetizer or snack • The spicy flavour will contrast harmoniously with the sweetness of the relish

MINT RELISH

INGREDIENTS

150g mint leaves • 1 pear • 3 black plums • Juice of ½ a lemon •
1 tbsp sugar • 2 green chilli peppers • 1 tbsp grated ginger •
1 tbsp coriander seeds • 1 tbsp cumin seeds • 1 tsp ground cardamom

METHOD

Wash the mint leaves and shake dry • Peel the pear, remove the core and cut into pieces • Do the same with the plums • Fry the cumin seeds and the coriander seeds in a pan and when they start to crackle add the grated ginger and the cardamom, and allow to dry for three minutes • Place the mint, the fruit, the sugar, the lemon juice and the chilli peppers into a blender • Blend, adding the spice mix • Leave to rest for a while before serving