

Vegetable fritters

Having recipes in your back pocket which make good use of leftovers is a great way to reduce food waste. These fritters are ideal for using up small amounts of leftovers like cooked meat, vegetables and cheese, and can be customised using whatever you have to hand.

Organisation and skill: ★★ ★ **Cost:** £ £ £ **Equipment:** 

Ingredients

- 50g plain flour or 40g chickpea flour (gram flour, also known as besan) if making gluten free
- 2 medium free-range eggs
- Veg and fillings of choice, this is a great way to use up leftovers
- 1 clove garlic, peeled and crushed, optional
- ½ tsp dried herbs, e.g. mixed herbs, thyme or oregano, optional
- ½ tsp chilli powder or hot smoked paprika, optional
- ½ tsp ground cumin, optional
- Freshly ground black pepper
- 2 tbsp olive oil for shallow frying

Equipment

- 2 or 3 small mixing bowls, depending on fritter ingredients
- fork or hand whisk
- grater
- wooden spoon
- teaspoon
- tablespoon
- non-stick frying pan
- spatula or fish slice
- kitchen roll



How to make it

- 1 Grate up your chosen veg and squeeze to remove any excess water – you can use a cloth or kitchen roll to keep the veg gratings in place whilst you squeeze – and drain any liquid from tinned veg. Courgette, carrot, sweetcorn and beetroot are all good options.



- 2 Whisk together the flour and the 2 eggs to make a batter. Divide this basic batter into 2 or 3 bowls so you can make fritters with different combinations of vegetables and seasonings.
- 3 Mix combinations of the vegetables, herbs and spices into the bowls of batter. Make sure you add a similar total weight into each. Combos that might work well are:

Cooking and sharing together

These fritters will work with lots of different flavour combinations. In a group setting, you could ask everyone to bring some different vegetables or source a range from supermarket veg boxes or a community garden. Then, everyone can try out their own flavour combinations – just make sure you have enough bowls, too!

- Potato, courgette, spring onion, herbs and black pepper
- Sweetcorn, carrot, spring onion and chilli powder
- Beetroot, carrot, sweet potato, garlic and cumin

- 4 Heat 1 tbsp oil in a non-stick frying pan until there's a slight haze above the oil – this means it's hot enough to fry but not too hot. Spoon in tablespoons of mixture to make separate mini fritters. Try to keep the fritters in neat shapes and press them down a little to help the mixture stick together. When they are browning, flip them over to cook the other side. Add extra oil to the pan if needed.
- 5 Lift the fritters from the pan when they're golden brown on both sides and place on some kitchen roll to blot the grease. Serve warm.

Recipe hints and tips

- Spice the fritters up with fresh chilli, grated ginger and garam masala.
- Add chopped fresh herbs from the windowsill or garden, eg. chives, thyme, coriander or mint.
- Raid the fridge to use up small amounts of leftovers like canned fish, chopped cooked chicken or grated cheese.
- These can be enjoyed as an accompaniment to a meal or served alongside salad for a delicious lunch
- **Storage:** The fritter mixture can be stored in the fridge for up to two days and cooked as needed.

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