

BRUSSELS SPROUT BHAJI



Makes 10 bhajis



This recipe adds a fiery twist to a classic Christmas vegetable. With the addition of a few extra vegetables and a spiced batter, you'll soon be wishing you'd left more on your plate the day before.

INGREDIENTS

225g assorted leftover cold cooked vegetables (for instance, Brussels sprouts, peas, beans, carrot and parsnip)

112 g (8 oz) onion, chopped into fine 2.5 cm (1 inch) strips

vegetable oil for deep-frying

FOR THE BATTER

125g gram flour

1 tablespoon mild curry powder

1 teaspoon garam masala

.5 teaspoon cumin seeds

1 or more green chilli, finely chopped (optional)

1 teaspoon dried fenugreek leaves (optional)

2 tablespoons fresh coriander leaves, chopped

1 dessert spoon uncooked yellow lentils (optional)

1 dessert spoon freshly squeezed lime or lemon juice

.5 teaspoon sugar

1 level teaspoon salt

METHOD

STEP 1:

Mix the batter ingredients together adding sufficient water to achieve a thickish paste which will drop sluggishly off the spoon. It must not be at all runny. Mix in the vegetables and raw onion, then leave to stand for at least 10 minutes, during which time the mixture will fully absorb the moisture.

STEP 2:

Meanwhile, heat the deep-frying oil to 190°C/375°F. This temperature is below smoking point and will cause a drop of batter to splutter a bit, then float more or less at once.

STEP 3:

Inspect the mixture. There must be no 'powder' left, and it must be well mixed. Scoop out a tenth of the mixture on a desert spoon and place it carefully in the oil. Place all ten portions in, but allow a few seconds between each one so the oil maintains its temperature.

STEP 4:

Fry for about 8 to 10 minutes each, turning once. Remove the bhajis from the oil in the order they went in, drain well and serve with lemon wedges and chutneys. Serve hot.