

## Onion Bhajis

2 onions, finely sliced Red onion works well

Options: ½ bag spinach, grated courgette, grated sweet potato

100g gram flour, 1/2tsp salt

½ tsp gluten-free baking powder

½ tsp chilli powder, 1 tsp cumin seeds toasted in a dry frying pan for 2 min

½ tsp turmeric

1 green chilli, deseeded and very finely chopped (optional)

vegetable oil for frying

## Method

Soak the onion in cold water while you make the base mix.

Sift the flour and baking powder into a bowl, then add the chilli powder, turmeric, chopped chilli and a good sprinkling of salt.

Drain the onions and dry with a kitchen towel.

Mix in the gram flour and spices and coat the onions/Vegetables.

Mix in about 100ml of cold water to make a thick batter - add a splash more if it feels too stiff.

Bring the oil to heat. Test by sprinkling a drop of the batter into the hot oil. The temperature is right when the batter bits come to the surface.

Using a tablespoon, lower 1 tablespoon of the mixture 3 -4 times into the hot oil.

Cook for 1 - 2 min and turn over.

Adjust heat so as not to get the batter too dark.

Drain them on kitchen paper. Check for seasoning and sprinkle more salt if necessary.

*Pakorras can be made with same the same mix of the gram flour and spices with the water, to coat pieces of tikka marinated chicken, mixed vegetables with chopped cashew nuts or slices of sweet potato.*

