

Jerusalem Artichoke Fritters

Ingredients:	Equipment:
450g chickpea flour	Measuring scales
3 teaspoons salt	Measuring spoons
1 ½ teaspoons bicarbonate of soda	Measuring cups
1 ½ ground turmeric	Sifter
1 ½ teaspoons cumin seeds	Large mixing bowl
1 ½ teaspoons coriander seeds	Mortar and pestle
1 ½ teaspoons chillie flakes	Large fry pan
3 cups cold water	Small fry pan
1 kg Jerusalem artichokes	Wooden spoon
2 cups vegetable oil, for deep frying	Candy thermometer
	Slotted spatula
	Tongs
	Vegetable peeler
	Small kitchen knife
	Paper towel
	Baking tray
	Skewer

Method:

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| <ol style="list-style-type: none">1. Sift flour, salt, bicarbonate of soda and turmeric into the large mixing bowl.2. Dry- roast cumin and coriander seeds separately in a small frying pan over medium heat until fragrant.3. Tip seeds into the mortar, then add chillie flakes and grind all to a fine powder with the pestle. Stir ground spices into the flour mixture.4. Make a well in the center and slowly stir in the cold water to form a smooth batter. Leave for 15 minutes.5. Cut knobby bits off Jerusalem artichokes and peel away the skin using a small kitchen knife. Slice into 5mm slices. Drop into batter.6. Preheat oven to 100c and put paper towel- lined baking tray inside to keep warm. | <ol style="list-style-type: none">7. Heat oil in the large fry pan until it registers 180c on a candy thermometer. Using your fingers, lift several pieces of Jerusalem artichoke out of the batter, allowing excess batter to drip back into the bowl.8. Gently slide artichoke into oil; do not drop pieces into the oil as it will splash and burn you.9. Don't crowd fry pan each piece should be able to bubble happily without sticking to the next. Fry for about 5 minutes.10. Carefully turn pieces over using the slotted spatula and tongs. Lift a piece out and test for tenderness by inserting with a skewer.11. When cooked, lift fritters out onto paper towel lined baking tray. |
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