

Thori Pakora

Courgette and Onion Pakora



Ingredients

2 medium courgettes
coarsely grated (approx
750g total weight)

1 medium onion, thinly
sliced

1 tsp whole cumin seeds

handful of fresh coriander,
chopped

1 tsp kashmiri chilli powder
(or ½ tsp paprika)

1 green chilli, chopped

1 tsp salt or to taste

100g chickpea flour (gram
flour)

½ tsp baking soda

Rapeseed oil to deep fry

Method

- 01** Begin to heat the oil in a deep pan or karahi (Indian wok) on a gentle heat. Keep an eye on your oil so it doesn't get too hot and never leave it unattended.
- 02** Place the grated courgette into a muslin or clean tea towel and squeeze out the excess water, then place the drained courgette into a bowl.
- 03** When you are ready to cook add the sliced onion, whole cumin, chopped coriander, chili powder, chopped chilli and salt.
- 04** Sieve in the chickpea flour and baking soda and using one hand mix everything together. Squeeze the mixture through your fingers until it comes together as a very thick batter.
- 05** Add a splash of water too loosen the batter if it feels too stiff.
- 06** Test if the oil is hot enough by dropping in a little batter. If it bubbles and rises to the top immediately the oil is ready.
- 07** Using a tablespoon, spoon out the mixture and very carefully drop in small balls of the batter into the hot oil. Fry the pakora and turn every so often for 4-5 minutes until they are golden brown and cooked through.
- 08** Remove them from the oil using a slotted spoon, and drain on some kitchen paper. Serve hot with a hot and tangy chutney.



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<http://www.harighotra.co.uk/courgette-onion-pakora-recipe>