



KŌKUA LEARNING FARM

SWISS CHARD PAKORAS

SERVINGS: 4

PREPPING TIME: 20 MIN

COOKING TIME: 15 MIN

Ingredients

- 10-12 leaves of Swiss Chard, any color is fine.
- 1 medium Onion
- 2 cup chickpea flour
- 2 cup rice flour* You can add more chickpea flour if you don't want to use this
- 1 Teaspoon Cumin Seeds
- 1/2 teaspoon Turmeric
- 1 teaspoon Garam Masala
- 1 tablespoon dried Fenugreek
- 1 teaspoon Red Chili Powder((Cayenne or Paprika)
- 1 teaspoon ground coriander
- 1/2 teaspoon Baking Soda (Optional, gives the pakoras an airer texture)
- Salt, to taste



Directions

- 1.Coarsely powder the cumin seeds in a mortar and pestle or spice grinder. Set aside.
- 2.Heat oil for frying in a wok/frying pan.
- 3.Place the chopped Swiss chard and onions in a large mixing bowl. Add the chickpea flour, rice flour, coarsely ground cumin seeds, turmeric powder, red chilli powder, ground coriander, cilantro and baking soda if using, to the bowl.Add salt to taste.
- 4.Mix the ingredients and then slowly drizzle in enough water, mixing as you do so, until all the leaves are evenly coated with the flour and spices. It should hold together tentatively when you press it together.
- 5.Place small portions of the batter into the hot oil with a spoon. Don't overcrowd the pan.
- 6.Fry the fritters until they are golden-brown on each side but don't let them overbrown--pakoras continue to darken a bit after you take them out of the oil.Place the pakoras in a colander lined with paper towels.
- 7.Eat hot!