

# Perfect Bhajis

**Who doesn't love a bhaji? Even better when you can sneak extra vegetables in. Kale, cabbage and carrots all work perfectly.**

These recipes have been developed by Michelle O'Dwyer to use up rescued fruits and vegetables collected by Feedback's Gleaning Network.

Offering a friendly, holistic approach to food education, Bay Tree Catering has teamed up with Feedback's The Alchemic Kitchen project.

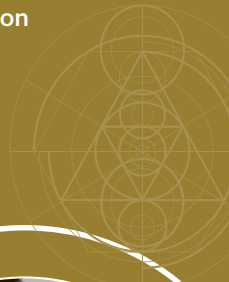
Alchemic Kitchen is a Feedback social enterprise working alchemy with surplus food. We create delicious new products and build food citizenship and skills in the North West through education, training and events.

Find out more:

[www.feedbackglobal.org/alchemickitchen](http://www.feedbackglobal.org/alchemickitchen)

Professional Chef and Bay Tree Catering owner, Michelle O'Dwyer has worked in the food industry for many years and loves the way cooking brings people together. She said...

“**I get to meet so many fantastic people from all walks of life and we get to cook together. People and communities have embraced the classes and for that I'm very grateful. We're working to bring people together who are socially isolated to offer an opportunity to reconnect over a common love of food.**”



# Perfect Bhajis



## You will need:

- 60g gram flour
- 30g rice flour
- Juice of ¼ lemon
- ½ tsp turmeric
- 1 heaped tbs of garam masala
- 1-2 hot green or red chillies (to taste), finely minced
- 2 tsp root ginger, finely grated
- 2 cloves of garlic, finely chopped
- Small bunch of coriander, chopped
- 2 fresh curry leaves, chopped (optional)
- 2 onions, halved, core removed and thinly sliced
- Vegetable oil, to cook

**Added extras** – please add other favourite ingredients to use up other vegetables. I've used grated carrots, spinach, kale, peppers and courgette.

## Method

Sift the flours into a mixing bowl, and lemon juice and just enough cold water to bring it to the consistency of double cream.

Stir in the spices, aromatics and herbs and add salt to taste. Stir in the onions so they are well coated.

Heat the oil in a deep-fat fryer to 180C, or fill a large pan a third full with oil and heat – a drop of batter should sizzle as it hits the oil and then float.

Meanwhile, put a bowl of cold water next to the hob, and a plate lined with kitchen paper. Put the oven on a low heat.

Once the oil is up to temperature, wet your hands and shape tablespoon-sized amounts of the mixture into balls. Drop into the oil, being careful not to overcrowd the pan, and then stir carefully to stop them sticking.

Cook for about four minutes, turning occasionally, until crisp and golden, then drain on the paper and put in the oven to keep warm while you cook the next batch. Serve with chutney or pickle.

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