

Vegetable pakora with classic rata sauce.

Recipe for 4 persons

Description

Typical indian appetizer, easy and fun to make at home.

Note

You can use any vegetable with this type of batter since chickpea flour isn't poreous and would let the ol through. (even tomatoes!)

Ingredients

For the pakoras and rata sauce

- 1 Unit(s) Broccoli
- 1 Unit(s) Cauliflower
- 1 Unit(s) Zucchini
- 1 Unit(s) Eggplant
- 100 Gr Chick peas flour
- 35 Gr Flour
- 5 Ml Baking powder
- 5 Ml Curcuma
- 10 Ml Garam masala
- 10 Unit(s) Cucumber
- 180 Ml Water
- 500 Ml Greek yogurt
- 2 Sprig(s) Mint
- 10 Ml Chili flakes
- 10 Unit(s) Cucumber
- 1 Clove(s) Garlic

- Salt and pepper

Preparation

- Preparation time **30 mins**
- Preheat your **Friteuse** at **350 F°**

For the preparation

In a large bowl, sift the flours, baking powder, salt and spices. Add enough cold water to obtain a batter that resembles a thick pancake batter. Let it rest in the fridge for 30 minutes before using. Blanch the broccoli and the cauliflower. Slice the eggplants in half moons to 1.5cm thickness. Slice the zucchinis into thin slices.

Traditional rata sauce

Passer le concombre sur la râpe et bien essorer pour retirer l'excédent d'eau. Haché la menthe et l'ail. Mélanger au yogourt et laisser macérer une heure au frigo. Grate the cucumber and squeeze out the excess liquid. Chop the mint and the garlic finely. Mix the cucumber, yogurt, garlic together and let stand for two hours before serving.

For the pakora preparation

Coat the vegetables in the cold batter and dunk in the oil until golden brown. Drain on absorbent paper and serve while hot with the yogurt sauce.

Bon appétit!