

Jerusalem artichoke pakoras

Equipment

Chopping boards

sharp knives

Spoons

Serving platters

Frypan

wok for deep frying

Ingredients:

400g Jerusalem artichokes

vegetable or sunflower oil

150g chickpea flour (*you'll find this in the Indian section of the supermarket; it may also be labelled gram flour or besan*)

1 tsp salt

1/2 tsp bicarbonate of soda

1/2 tsp ground turmeric

1/2 tsp cumin seeds

1/2 tsp coriander seeds

1/2 tsp chilli flakes 250ml cold water

Method

1. Put the chickpea flour, bicarbonate of soda and turmeric into a bowl.
2. Dry roast the coriander and cumin seeds separately in a frypan until fragrant, then grind to a fine powder with the chilli flakes with a pestle and mortar. Add the ground spices to the flour mixture and stir. Make a well in the centre of the mixture and slowly add the water, stirring until smooth.
3. Leave to stand for 15mins.
4. While the batter is standing, peel and chop the artichokes into 1cm pieces. As they discolour when exposed to light you might want to put them into a bowl of salted water until you're ready for them.
5. Heat the oil in a wok until hot, but not smoking. You want the pakhoras to sizzle vigorously as soon as they hit the oil.
6. Dip the artichoke pieces in batter and gently slide into the oil.

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7. Fry for 5 mins or so until golden brown, remove with a metal slotted spoon and place on kitchen towel to absorb any excess oil.
8. Sprinkle with a little salt to taste. Eat and enjoy!