## Recipe For Health | JANUARY 2018

## KOHLRABI PAKORA

Pakora are delicious little Indian fritters often eaten for snacking or as an appetizer. Make sure your spices are fresh for maximum flavor.

by Corporate Chef Kurt Kwiatkowski

**Featured Food:** Kohlrabi **Yield:** Makes 16-18 fritters

## **Ingredients**

3 c. (about 2 medium) shredded kohlrabi
2 t. garam masala
1 jalapeno (deveined and seeded), minced
2 cloves of garlic, minced
½ t. cayenne pepper

2 T. minced fresh ginger 1 T. kosher salt plus small amount for sprinkling

½ c. julienned red onion 1 egg

¼ c. shredded carrotOil for deep frying¾ c. chickpea flour¼ c. chopped cilantro2 t. curry powder½ lemon cut into wedges

## **Preparation**

Put your prepared vegetables in large bowl. In a separate bowl, whisk the chickpea flour, spices, and salt until combined. Add flour mixture and egg to vegetables. Mix well. If the mix looks dry, add a little water to make sure the flour sticks to the vegetables.

Heat oil in fryer or skillet until oil temperature reaches 350°F.

Using a tablespoon, get a heaping spoonful of mix into fryer. Fry scoops in the oil for about 6 minutes, or until a nice golden brown. Work in small batches so your oil does not cool off.

Remove pakoras from oil and place them on paper towel. Garnish with a little more kosher salt and cilantro. Serve lemon wedges as a garnish