



Carrot fritters

By Stephanie Alexander

Put your freshly plucked produce to good use in Stephanie's carrot fritters. The rice flour adds a bit of crunch, and if you use all rice flour your fritters become gluten-free. This is the perfect recipe to share with the entire classroom, or at a spring garden party surrounded with your favourite bunch.

Fresh from the garden: carrot, red onion, garlic, flat-leaf parsley, egg, sage, lemon

INGREDIENTS

- 250 g carrots
- ½ red onion, finely chopped or grated
- 1 garlic clove, finely chopped
- 50 g feta, crumbled
- 2 tablespoons coarsely chopped flat-leaf parsley
- 1 free-range egg, beaten
- 1½ tablespoons plain flour
- 1 tablespoon rice flour
- Sea salt
- Freshly ground black pepper
- Olive oil, for frying
- 12 sage leaves
- 60 g butter
- Lemon wedges, to serve
- Plain yoghurt, to serve (optional)

Grate the carrots using a food processor fitted with the coarsest vegetable shredding disc. (You can use a box grater on the largest hole but it will take some time.) The grated carrot will be very moist, so tip it into a dry cloth and hold it over the sink or a bowl. Twist the ends of the cloth to squeeze out the excess moisture, then tip the carrot into a clean mixing bowl. Add the onion, garlic, feta, parsley and egg and mix them in. Sift in the flours, season with salt and pepper and stir well to combine.

Preheat the oven to 120°C (100°C fan-forced). Place an ovenproof plate or a baking tray in the oven. Line another clean plate with paper towel.

Heat a little oil in a non-stick frying pan over medium heat. Allow it to heat for a minute and test by dropping in a cube of bread – it should turn golden in 30–40 seconds. Drop small tablespoons of the carrot mixture into the hot oil and flatten them gently with a flexible lifter or spatula. Do not overcrowd the pan – each fritter needs room to sizzle. Cook for two minutes each side, or until golden brown. Transfer to the paper towel-lined plate to drain, then put them on the ovenproof plate in the oven to keep warm while you cook the rest.

Drop the sage leaves and butter into the pan in which you cooked the fritters. Keep the leaves moving for a couple of minutes until they are crisp.

Serve the fritters with a crisp sage leaf on top and a wedge of lemon. You might like to offer some plain yoghurt on the side as well.

MAKES ABOUT 12

