

Eat a Rainbow Recipes

PURPLE

Crispy Eggplant Fritters

Makes 25

Ingredients:

2 medium-size eggplants
Olive oil for shallow frying
2 eggs
100ml milk
 $\frac{3}{4}$ cup (115 grams) plain flour
1 teaspoon ground cumin
1 teaspoon ground coriander
 $\frac{3}{4}$ cup Panko (Japanese) breadcrumbs
Salt

Equipment:

Chopping board and knife
Measuring jug or cup
measures
Sieve
Medium-size bowls
2 trays and a non-stick frypan
or electric frypan
Whisk
Paper towels
Tongs
Large plate

Method:

1. Sift the flour and spices into a medium size bowl.
2. Whisk eggs in another bowl, together with the milk and a pinch of salt.
3. Carefully cut off the spiky stem and green calyx from the top of the eggplant and slice $\frac{1}{2}$ cm off the bottom. Discard. Slice the eggplants into 1cm thick pieces.
4. Tip the breadcrumbs into a bowl. Place the bowls of flour, the egg and milk and the breadcrumbs (in this order) in a row on your kitchen bench top.
5. Work from left to right. With your left hand toss a slice of eggplant in the flour, shake off excess.
6. With the same hand dip the slice into the egg mixture.
7. Drop into the breadcrumbs and with your dry right hand lightly press the eggplant slice till it is completely covered. Place on a clean tray. Repeat until all the slices are crumbed.
8. Heat olive oil in non-stick frypan and carefully cook eggplant slices until golden brown. Remove with a pair of tongs. Transfer to a plate lined with paper towel. Repeat with the remaining slices.

Serve with minty cucumber yoghurt.

Tips:

Choose smaller, firm fruit, which are sweeter and less seedy. Big eggplants can be bitter.

