



## Saugus TV What's Cookin with Mona

### Pyaz ka Pakora (Onion Chickpea Fritter) (15 ingredients)

(you may also use other vegetables, such as eggplant, potatoes, spinach, etc.)

- 1 cup **Besan** (also known as chickpea flour or gram flour)
- 2 cups **oil** (we used canola, you can use any, like olive, corn, vegetable, etc. You may also omit and make these fitters in an air fryer)
- 2 medium sized **onions** (sliced thinly)
- 1 handful of **cilantro** (wash, remove stems, and chop and can omit if do not like cilantro)
- 1 tablespoon **coriander** whole seeds
- 1 teaspoon **cumin** seeds
- 1 teaspoon **salt** (use an amount you are used to)
- 1/2 teaspoon **red chili powder** (use less if don't want too much heat)
- 1/2 long hot **chili pepper** (wash and chop)
- 1/2 teaspoon **turmeric**
- 1/4 teaspoon **ajwain** seeds (also known as carom seeds)
- 1/2 cup **water** (may not use all, will use as needed)

In a large bowl, mix the besan, salt, chili powder, and turmeric. Then with a mortar pestal or with your palms, slightly crush the ajwain, cumin seeds, and coriander seeds and then place also into mixture. Then add about ¼ cup water and mix, the mixture will be lumpy. Add sliced onions to mixture and with your hands mix the onions into the besan mixture, kind of like kneading the mixture so that the water from the onions can release and add some more moisture into the batter. After mixing for about 3 minutes, batter should bind the onions, if still lumpy, then add 1 oz more water. Then use a scooper or two tablespoons to drop the batter in the hot oil to make the fritters. Put about 8 to 10 fritters in oil, do not overcrowd pot. Oil should be on medium heat about 375 degrees F. Fritters need to cook about 8 to 10 minutes to get a golden brown color, flip fritters mid way. Once golden brown, place on a plate, you may use a paper towel to soak up any extra oil. Be careful when eating because they are hot and delicious!

If you decide to use another vegetable like potatoes, spinach, or eggplant, then the batter should be more liquid like a pancake batter so that you can dip the vegetables in the batter and then fry.

**Mint and Cilantro Chutney** (a dipping sauce for the pakoras)

- 3 sprigs of fresh **mint** leaves (wash and remove stems)
- 1 handful of fresh **cilantro** (wash and remove stems)
- 1/2 **lemon** juiced
- 1 cup plain **yogurt**
- 1/2 cup **water** (may not use all, will use as needed)
- 1/2 teaspoon **salt** (use as needed)

In a blender or food processor, add mint, cilantro, lemon juice, and water and grind. Then in a bowl add yogurt and add grinded mixture, mix everything until smooth. Add salt to taste and enjoy dipping the pakoras!

Any questions, please let me know, happy to answer any questions on the dish, method, ingredients, etc!

Mona