

VEGETABLE PEEL PAKORA

INGREDIENTS FOR 20 SMALL DOUGHNUTS



- Peelings of organic root vegetables: carrots, parsnips, potatoes, etc.
- 3 tablespoons of chickpea flour
- 1 tablespoon of rice flour
- ½ teaspoon of cumin seeds
- 1 level teaspoon of curry powder
- 1 level teaspoon of paprika powder
- ½ cm of rapeseed or oleïc sunflower oil (special for frying)
- Salt



- 1/** Keep the peelings of root vegetables such as carrots, yellow carrots, parsnips or potatoes.
- 2/** Wash the peelings twice in lukewarm water, then drain them and dry them on a clean cloth.
- 3/** Cut them roughly so as not to have pieces that are too long, so that you can easily shape them into small doughnuts at the end of the recipe.
- 4/** In a bowl, mix three tablespoons of chickpea flour and one tablespoon of rice flour.
- 5/** Add: ½ teaspoon of cumin seeds, 1 level teaspoon of curry powder and 1 level teaspoon of paprika powder.
As an option and depending on your taste, you can add a small piece of chopped ginger and a few sprigs of fresh coriander.
- 6/** Add salt and stir to obtain a homogeneous mixture.
- 7/** Add water little by little until you obtain a doughnut batter texture while stirring.
- 8/** In a large salad bowl, place all your peelings and pour in the doughnut batter in several batches while stirring.
- 9/** Preheat a pan with half a centimetre of neutral oil (rapeseed or sunflower).
- 10/** Form small doughnuts and brown them in the pan until they are nicely browned on both sides.
- 11/** Remove from pan and place them on absorbent paper and salt while hot.

Enjoy!