



I love cooking

easy & delicious recipes

Cabbage, Gruyere & Dill or Fennel Fritters

Introduction:

We don't know many people who can resist a fritter, it's a blank canvas to add just about any type of food. And it's a wonderful way for fussy eaters to get used to eating their veggies!

Ingredients

500 ml cabbage, thinly sliced
250 ml prepared vegetable or chicken stock
salt and ground white pepper, to taste
15 ml fennel or dill seeds (if you like, you can add a little more)
45 ml onion, grated
125 g Gruyere cheese, grated
90 ml self-raising flour (perhaps a little more, if required)
2 large eggs, beaten
Canola oil, for frying

Method

Cook the cabbage in the stock until tender. Drain and place in a mixing bowl. Season to taste then set aside for 30 minutes to cool.

When cooled, stir in the fennel or dill seeds, the grated onion, Gruyere cheese and flour. Add the beaten eggs and mix well. If the mixture is too runny, add a little more flour, just enough to bind the mixture. Be careful of too much flour though. You may end up with doughy crumpets!

Heat 1 cm of oil in a large frying pan and drop spoonfuls of the cabbage mixture into the oil. Fry the fritters over medium heat for a minute or until golden then flip and fry the other sides until golden and cooked through.

Remove from the oil, drain well and place in a dish lined with kitchen towel. Keep warm while you fry the rest of the fritters.

Serve warm as a starter, snack or a side dish.

Yields about 10 fritters, depending on the size you make them.

Chef's hint:

Add 15 ml of curry powder to the mixture before frying, sprinkle with chopped coriander leaves and serve with plain yoghurt as a delightful spicy starter.