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by Liz Robb

Carrot And Sweet Potato Bhajis With Watercress Raita



Ingredients

1 very large sweet potato
2 large carrots
2 large onions
1 red chilli [optional]
8 tablespoons of thick Greek yoghurt
2 fat cloves of garlic
2 lemons
Cucumber
Watercress
Salt and black pepper
240g gram flour
Cold water
One and a half teaspoons of ground cumin
One and a half teaspoons of turmeric
1 teaspoon of ground coriander
1 teaspoon of garam masala
Sunflower oil

Servings
10
Person

Preparation

1. Peel and roughly grate the sweet potato and the carrots. Peel and thinly slice the carrots. Deseed and finely chop the chilli.
2. Peel and crush the garlic. Peel and chop a quarter of a cucumber and chop a large handful of watercress.
3. In a small bowl, mix the crushed garlic with the Greek yoghurt and add the juice of half a lemon. Stir the cucumber and watercress into the yoghurt. Season to taste, cover the raita and leave to chill in the fridge.
4. Gently sauté the onion in a tablespoon of oil for 5 minutes, until soft but not browned, then add the chopped chilli and cook for a further 2-3 minutes. Remove from the heat.

5 Whisk together the gram flour and 220-250ml cold water, a little at a time, until it makes a batter. Mix in the cumin, turmeric, coriander and garam masala then season with salt and black pepper.

6 In a large bowl, stir together the sweet potato and carrot with the onion and chilli. Add the batter and mix thoroughly.

7 Take a heaped tablespoon of the mixture to make each bhaji, rolling it in your hands then flattening it slightly to make a patty shape. It will be rather a wet mixture so this is a bit messy!

8 Pour in oil to cover the bottom of a small frying pan. Fry one batch of bhajis for 2-3 minutes on each side in hot oil until well browned, blot on kitchen towel then keep warm in a low oven. Repeat with more batches, topping up the oil as needed.

9 Serve immediately, whilst still hot and crispy, garnished with watercress and lemon wedges and accompanied by the watercress raita.

Cooks Note

Ideal for a buffet or simply as a starter or side dish, these tasty little carrot and sweet potato bhajis with a watercress and cucumber sauce are just a little out of the ordinary.

I made 30 small bhajis from this amount of mixture, enough for a large sharing platter.
3 bhajis would probably be enough for a small starter portion, or more perhaps, served with salad and a flatbread, for a main meal.