



Zucchini Fritters

In late summer, zucchini is abundant in Salt Spring Island gardens. A Salt Spring joke goes: “How can you tell a person has no friends? You see them buying zucchini at the grocery store.”

Anyway... here’s a great way to use up some of your garden, gifted or bought zucchinis. These fritters make a nice side dish or appetizer served with our Chat Masala Raita or plain yogurt. They also make great leftovers Reheated for a few minutes in a frying pan.

Ingredients:

2 medium zucchini (about 1 pound)
2 green onions, finely chopped
1 tsp salt
Zest of 1 lemon
2 cloves garlic, finely chopped
2 TBL fresh parsley, finely chopped
1-2 tsp Mahavira’s Feast
2 eggs, beaten
1/2 - 3/4 cup chickpea flour
Olive oil for shallow frying

Instructions:

1 - Grate Zucchini on large holes of your cheese grater.

2 - Mix in chopped onions, salt, lemon zest, garlic, parsley and Mahavira’s Feast. Add eggs and mix until well combined. Stir in chickpea flour a little at a time. Mixture should be moist but most of the egg should be absorbed.

3 - Heat frying pan over medium heat. Add a little olive oil to cover the bottom. Spoon 2-3 TBL of mixture into pan. Cook a couple of minutes on each side (until golden brown). You can cook 3 or 4 at a time. Transfer to plate and keep warm until all fritters are ready.

Spices Used: Mahavira’s Feast