

- Easy No Sweat Recipe -

Crispy Lentil Fritters

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We wish we could take credit for this amazing recipe. CJ did some food styling for Chef Michael Smith and prepared this delicious recipe for his TV appearance. Serve it with a sauce if you like, but honestly, a sprinkle of Himalayan salt is all you need.

1 cup (250 mL) **split** red lentils
1 cup (250 mL) water
1/2 tsp (2 mL) salt
1 freshly minced onion
1-2 tsp **Moose of Mumbai Hot Indian Seasoning**
1 Tbsp (30 mL) peeled ginger root, finely chopped (about 1 inch)
1/2 cup (125 mL) freshly chopped cilantro
3 cups (750 mL) vegetable oil for frying
Himalayan salt, for sprinkling

1. Rinse the lentils well. Combine the rinsed lentils with water & salt in a bowl. Soak for 1-2 hours. They'll rehydrate & soften considerably as they absorb almost all of the moisture.

2. Transfer lentils with any remaining water & the onion to food processor & puree until smooth. Add **Moose of Mumbai**, ginger & cilantro & process just long enough to combine. You can make this batter in advance and refrigerate until needed. The batter may seem wet but it will hold together as you fry it.

3. Pour about 3" of oil into a large soup pot or shallow skillet; bring to a steady 365°F, using a frying or candy thermometer to accurately judge the temperature. Alternatively, fire up your countertop deep fryer.

4. Using two spoons - the first to scoop, the second to release the batter - gently drop dollops of batter into the hot oil. Stir gently until fritters cook through & are lightly browned. Remove fritters from oil, strain & rest them briefly on folded paper towel to absorb extra oil. Sprinkle with salt & serve immediately.



Kitchen Hero Tip!



if you're looking for a fantastic gluten free
appetizer, this is one you'll make
again and again.