

Cauliflower Cheese Fritters



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| Preparation time: | 15 mins |
| Serves: | 6 people |
| User Rating: | ★★★★☆ |

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The cauliflower can go straight in raw as it cooks to just-tender in the frying process. If you like it softer just cut the pieces up a bit smaller. You could also use pre-purchased cauliflower 'rice' for a shortcut and reduce the size/cooking time as needed.



Ingredients

- 1 small or ½ large head cauliflower (about 3 cups)
- 2 eggs
- 1 cup self-raising flour
- ¼ tsp baking powder
- Salt and pepper, to taste
- ½ cup parmesan cheese, grated
- 1 cup milk

Method

1. Remove the leaves and stem from your cauliflower and cut into roughly 1cm square pieces. A mix of small and large pieces is fine, some will end up as crumbs just make sure the stem parts are not too big so they cook through.
2. Add all the ingredients to a large bowl except for the milk, then gradually add the milk until you end up with batter about the thickness of pancake mix evenly coating all the cauliflower. You might not need all the milk.
3. In a large frypan over medium heat add about 1cm of neutral oil and heat for a few minutes. Working in batches, drop the batter into palm-sized rounds and cook til about $\frac{3}{4}$ done before flipping. It should take about 2-3 minutes on the first side and 1 minute on the next, and end up golden and crispy. Drain in a sieve placed over a bowl or on some paper towel.
4. Repeat until all fritters are cooked, adjusting the flame for temperature as you go if it gets too hot or if they take too long.

