



CRISPY EGGPLANT FRITTERS

Makes 25

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INGREDIENTS

- 2 medium-size eggplants
- olive oil for shallow frying
- 2 eggs
- 100ml milk
- $\frac{3}{4}$ cup (115g) plain flour
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- $\frac{3}{4}$ cup (35g) Panko (coarse Japanese breadcrumbs)
- salt

EQUIPMENT

- knife
- chopping board
- measuring jug or cup measures
- sieve
- medium-size bowls
- 2 trays
- non-stick frypan or electric
- whisk
- paper towels
- tongs
- large plate



**TIP: CHOOSE SMALLER, FIRM FRUIT - THESE ARE SWEETER AND HAVE LESS SEEDS
BIG EGGPLANTS CAN BE BITTER - PICK FROM THE GARDEN WHILE STILL YOUNG**

METHOD - THIS RECIPE REQUIRES ADULT SUPERVISION

1. Sift the flour and spices into a medium-size bowl.
2. Break the eggs into another bowl and whisk together with the milk and a pinch of salt.
3. Carefully cut off the spiky stem and green calyx from the top of the eggplant and slice $\frac{1}{2}$ cm from the bottom. Discard. Slice the eggplants into 1cm thick pieces.
4. Tip the Japanese breadcrumbs into a bowl. Place the bowls of flour, the egg and milk and the breadcrumbs (in this order) in a row on your kitchen bench top.
5. Work from left to right. With your left hand toss a slice of eggplant in the flour, shake off excess.
6. With the same hand dip the slice into the egg mixture.
7. Drop into the breadcrumbs and with your dry right hand lightly press the eggplant slice till it is completely covered. Place on a clean tray. Repeat until all the eggplant slices are crumbed.
8. Heat olive oil in non-stick frypan and carefully cook eggplant slices until golden brown. Remove with a pair of tongs. Transfer to a plate lined with paper towel. Repeat with the remaining slices.

SERVE WITH MINTY CUCUMBER YOGHURT

To make:

1. Cut a Lebanese cucumber in half lengthways, scoop out the seeds and discard. Coarsely grate into a bowl.
2. Add to this $\frac{1}{2}$ cup thick, plain yoghurt with 2 tablespoons chopped mint leaves, a pinch of salt and $\frac{1}{2}$ a clove of crushed garlic. Stir to mix.

FROM THE MARKET

- Eggplant, Garlic and Cucumbers — Virgara's Garden, Patlin Gardens, N & M Tsimiklis, Jim Cosmidis, Hart's Vegetables
- Eggs — Rosie's Free Range Eggs
- Yoghurt — Alexandrina Cheese Company & B.-d. Farm Paris Creek