



## Crunchy Pea Fritters



Photography by Lucy Baker

After working in kitchens across Bath, I set up Beth's Bakes in 2008. A passion for organic ingredients and cooking sustainably is what drives me to keep experimenting with food. Through travelling and working within different cultures I love to recreate experiences and inspire people to eat more veg.

These vegan crunchy pea fritters are a very pleasing combination of textures and flavours with sweet peas popping, nuts crunching and a general zing of zesty flavours jiving together to create a comforting treat for both little and large mouths. Something a bit different for snack time as well as perfect finger food for socials so if you are having chums round for a soiree then bring out these simple morsels.



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## Ingredients

- 1 large onion, finely diced
- 300g peas, defrosted in hot water and drained
- ½ tsp turmeric
- ½ tsp ground cumin
- 1 tsp nigella seeds
- ½ tsp ground coriander
- 25g roughly chopped cashew nuts
- 100g gram or buckwheat flour
- ½ tsp bicarb
- 1 tbsp ground flaxseed mixed with 2 ½ tbsp. water and left to thicken for 5 minutes
- 100ml water
- 1 tsp salt
- Oil for frying, I use rapeseed

## Method

1. Mix together spices, bicarb, salt and flour in a bowl. Combine flaxseed mix with extra water until you have the desired texture. 100ml is about the right amount but you want the fritters to hold a good shape and not be too splatty. Add the onion and peas and mix.
2. Pour 1cm of oil in to a deep-sided frying pan and get it nice and hot. You can test this by dropping a bit of the batter in and watching it sizzle. Fry off a tester fritter to check it's the right consistency. You might need to add a bit more water or flour. Take a tablespoon of the mixture and pop it in carefully, cooking in batches and turning to achieve a golden, crispy, crunchy bundle of happiness.
3. Serve on a pretty plate with a cucumber and mint yoghurt dip.