

# Curried Carrot Fritters

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## **Servings: 4**

*1 1/2 pounds (5 cups)  
grated carrots  
Kosher salt  
6 large eggs  
1 cup chickpea flour  
2 medium cloves garlic,  
minced  
1 1/2 tablespoons curry  
powder  
freshly ground black pepper  
3 tablespoons unsalted  
butter, more as needed  
3 tablespoons vegetable oil,  
more as needed  
3/4 cup packed fresh flat-  
leaf parsley  
1/2 small red onion, thinly  
sliced  
2 tablespoons fresh lemon  
juice  
2 tablespoons extra-virgin  
olive oil  
1/2 cup plain whole-milk  
yogurt  
lemon wedges (for serving)*

Toss the carrots with 3/4 teaspoon of salt. Let drain in a fine-mesh sieve for 15 minutes. Press to squeeze out any excess water.

In a large bowl, whisk the eggs. Add the drained carrots, flour, garlic, curry powder, 3/4 teaspoon of salt and a few grinds of pepper.

In a large skillet over medium-low, heat one tablespoon of butter and one tablespoon of vegetable oil until the butter melts. Using a one-third cup measure, scoop four cupfuls of the batter into the skillet. Flatten each with a spatula to about 1/2-inch thickness. Cook, rotating the skillet occasionally, until the fritters are golden on the bottom, 4 to 5 minutes.

Flip and cook until golden, about 3 minutes more. Transfer the fritters to a plate lined with paper towels.

Wipe out the skillet. Repeat to make two more batches, using one tablespoon of butter and one tablespoon of vegetable oil for each batch.

In a medium bowl, toss the parsley and onion with one tablespoon of the lemon juice, the olive oil, 1/2 teaspoon of salt and 1/4 teaspoon of pepper.

In a small bowl, stir the remaining one tablespoon of lemon juice into the yogurt. Divide the parsley salad among four plates. Top with three fritters. Serve dolloped with the yogurt.

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Per Serving (excluding unknown items): 451 Calories; 35g Fat (68.6% calories from fat); 16g Protein; 20g Carbohydrate; 4g Dietary Fiber; 341mg Cholesterol; 131mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 6 Fat.