



# Cauliflower & Cumin Fritters with Lime Sauce

Adapted from Food & Wine

Picture by John Kernick

## Lime Sauce

- 1 1/3 cups plain full-fat Greek yogurt
- 2 tablespoons finely chopped cilantro
- 1 teaspoon finely grated lime zest
- 2 tablespoons fresh lime juice
- 2 tablespoons extra-virgin olive oil
- Kosher salt
- Freshly ground pepper

## Fritters

- 1 small cauliflower, about 3/4 pound, cut into little florets
- Scant 1 cup quality flour (Spelt, Teff, Quinoa, etc.)
- 3 tablespoons finely chopped parsley, plus whole leaves for garnish
- 2 shallots, finely chopped (approx 1/4 cup)
- 1 garlic clove, minced
- 4 large eggs, preferably organic
- 1 1/2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- 1/2 teaspoon turmeric
- 1 1/2 teaspoons salt
- 1 teaspoon freshly ground pepper
- Sunflower oil or Coconut oil, for frying

**MAKE THE LIME SAUCE:** Put all of the ingredients in a bowl & whisk well. Taste—the flavor should be vibrant & tart. Adjust seasoning as necessary. Chill or leave at room temperature for up to 1 hour.

**PREPARE THE FRITTERS:** Add the florets to a saucepan of salted boiling water. Simmer until very soft, about 15 minutes; drain.

Meanwhile, put the chopped parsley, shallots, garlic, eggs, cumin, turmeric, salt & pepper in a bowl and whisk to make a smooth batter. Add the warm cauliflower. Mix, smashing the cauliflower into the batter with the back of a wooden spoon.

In a wide skillet, heat oil over high heat until very hot. Working in batches, spoon in the cauliflower mixture, allowing approx 3 Tbsp per fritter. Separate the fritters w/ a spatula. Cook/fry in small batches, adjusting heat so the fritters cook but don't burn. They should take 3-4 minutes on each side.

Drain the fritters well on paper towels. Garnish with parsley leaves & serve hot or warm w/ lime sauce.

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