

Vegetable Fritters



PAKORAS
(prep time-about 40 min)



INGREDIENTS

2/3 cup chickpea flour (Besan)	2 tsp cayenne pepper
2/3 cup plain flour	1 ½ tsp ground coriander
2/3 cup self-raising flour	2 tsp green chilies
2 ½ tsps salt	about 2 ½ cups cold water
2 tsp asafoetida powder	bite-sized vegetables of choice
1 ½ tsp turmeric	ghee or oil for deep frying

PROCEDURE

- Combine the flours, salt, powdered spices and green chilies in a bowl. Mix well with a wire whisk.
- Slowly add cold water while whisking the batter until it achieves the consistency of medium-light cream. When you dip the vegetable in the batter, it should be completely coated but neither thick and heavy nor runny and thin.

Have extra flour and water on hand to adjust the consistency as required.

- Let the batter sit for 10-15 minutes.
- Heat ghee or oil to the depth of 2 ½ to 3 inches in a wok or deep frying vessel until the temp. reaches about 355 F.
- Dip 5 or 6 pieces of vegetable in the batter and, one at a time, carefully slip them into the hot oil.
- The temperature will fall, but try to maintain it between 345 Fahrenheit & 355 degrees throughout the frying.
- Fry the pakoras until they are golden brown, turning to cook them evenly on all sides.
- Remove with a slotted spoon and drain on paper towels.
- Continue cooking until all the pakoras are done.
- Serve immediately or keep warm, uncovered, in a preheated cool oven for up to ½ hour.

The Protein Myth

As far as the protein question goes, the late Dr. Paavo Airola, one of the world's leading authorities on nutrition and natural biology, had this to say: "The official daily recommendation for protein has gone down from the 150 grams recommended 20 years ago to only 45 grams today. Why? Because (1) reliable worldwide research has shown that we do not need so much protein, that the actual daily need is only 30 to 45 grams a day, and (2) that the protein consumed in excess of the actual daily need is not only wasted, but actually causes serious harm to the body and even is causatively related to such killer diseases as cancer and heart disease. In order to obtain 45 grams of protein a day from your diet you do not have to eat meat; you can get it from a 100% vegetarian diet of a variety of grains, legumes, nuts, vegetables, and fruits."