

Gluten-Free Pakora

Product: Ardent Mills Gluten-Free All-Purpose Flour Blend # 22325



Ingredient	Kg	g
Ardent Mills Gluten-Free All-Purpose Flour Blend		300
Shredded mixed vegetables (cabbage, carrots, green beans, bell peppers)	1	200
Minced garlic		18
Minced ginger		18
Kosher salt		18
Garam masala		15
Ground coriander		3
Ground cumin		3

Preparation:

1. Combine shredded vegetables and all seasonings in a large bowl and mix to combine.
2. Squeeze the vegetables to begin releasing moisture from them.
3. Let sit for 10 minutes.
4. Add in the Gluten Free All-Purpose Flour Blend and mix to combine, so that until all ingredients are stuck together.
5. Scale mix at 50 grams, roll into a ball and then press into a flat disk.
6. Fry at 350°F (175°C) for 2-3 minutes per side until a deep golden brown.
7. Transfer to a paper towel lined cooling rack to drain.
8. Serve with mango chutney.

Yield:

Approx. 30 x 50g Pakoras

NOTE: These directions are to be used as a guide only. Changes may be made necessary to suit shop conditions or finished product standards. The nutritional information provided is preliminary and for the presented product only. No warranties expressed or implied are made.