

# Crispy Vegetable Pakoras



[Hari Ghotra Video](#)

Prep 15 m Cook 10 m Ready In 25 m

*Recipe By:*veggigoddess

"These are very yummy, and if any of you have ever had Japanese tempura coated veggies, you'll love this recipe. It's similar, yet it is unique in it's taste. Serve with a chili sauce, mint yogurt sauce, or sweet and sour sauce. Try other vegetables for dipping, such as sweet potatoes, broccoli and asparagus."

## Ingredients

- 1 cup chickpea flour
- 1/2 teaspoon ground coriander
- 1 teaspoon salt
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon chili powder
  
- 1/2 teaspoon garam masala
- 2 cloves garlic, crushed
- 3/4 cup water
- 1 quart oil for deep frying
- 1/2 head cauliflower florets
- 2 onions, sliced into rings

## Directions

1. Sift the chickpea flour into a medium bowl. Mix in the coriander, salt, turmeric, chili powder, garam masala and garlic.
2. Make a well in the center of the flour. Gradually pour the water into the well and mix to form a thick, smooth batter.
3. Over medium high heat in a large, heavy saucepan, heat the oil to 375 degrees F (190 degrees C).
4. Coat the cauliflower and onions in the batter and fry them in small batches until golden brown, about 4 to 5 minutes. Drain on paper towels before serving.

## Footnotes

- *Editor's Note*
- We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount may vary depending on cook time and temperature, ingredient density, and the specific type of oil used.

## Nutrition Facts

Per Serving: 217 calories; 15.9 g fat; 15.9 g carbohydrates; 4.6 g protein; 0 mg cholesterol; 406 mg sodium. [Full nutrition](#)

<https://www.allrecipes.com/recipe/23595/crispy-vegetable-pakorasi/>