



Onion Bhaji

- 2 very large white onions slightly larger than tennis balls
- 1 red onion slightly larger than a tennis ball
- 1 teaspoon fine sea salt
- 1 tablespoon garlic paste
- 1 x 2.5cm (1 inch) ginger - julienned
- 1 tsp chilli powder or to taste
- 1 tablespoon panch poran*
- 2 tbs rapeseed (canola) oil
- 1/2 tsp turmeric
- 140g sifted gram flour
- 3 tablespoons finely chopped coriander leaves

* equal measures of cumin seeds, onion seeds, fenugreek seeds, fennel seeds and black mustard seeds or use shop bought.

Method:

- Cut the onions in half and then finely slice them. Mix the salt into them and set aside for an hour or up to four hours.
- After an hour the onions will be limp and moist. Squeeze the onions to release the water into the bowl. Add the remaining ingredients to the onions, being careful not to add too much gram flour. You should easily be able to pick up a ball of the onion mixture.
- Divide the mixture into small bhajis.

Air Fryer Version:

- Heat your air fryer to 176c. Generously spray the basket with oil or fry light.
- Place the bhajis in the basket. They will need to be cooked in batches.
- After 15 minutes, the first batch will be cooked.
- Remove from basket and keep warm.
- Alternatively make in advance and reheat in oven at 160c for 10 mins
- Serve hot or at room temperature.

Deep Fried Version:

- Heat oil in pan to around 180c
- Fry until golden brown. They will need to be cooked in batches.

- Remove from pan and keep warm.
- Alternatively make in advance and reheat in oven at 160c for 10 mins
- Serve hot or at room temperature.
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