

Beetroot Fritters

Serves
8



Ingredients

300g Beetroot, washed, peeled and roughly grated

Salt

1 Egg, beaten

A small handful of chopped fresh herbs (optional) – I used a mix of parsley and dill with a little mint

2 tsp Ground cumin

1/2 tsp Caraway seeds

Freshly ground black pepper

40g Feta cheese, crumbled (optional)

4 tbsp Dried bread crumbs

Olive oil

A knob of butter

Method

Roughly grate the peeled beetroot (in a food processor is fine). Tip into a bowl and sprinkle with about 1 tablespoon of salt. Set aside for 1 hour, stirring occasionally.

Drain the beetroot and squeeze out any excess liquid.

In a clean bowl, combine the beetroot with the chopped herbs, cumin, caraway, black pepper, feta and breadcrumbs. Leave for about 10 minutes to allow the breadcrumbs to soak up any excess liquid.

If you are using the beetroot leaves and stems, wash them to remove any grit and blanch for 1 minute. Drain and rinse under cold running water. Squeeze out any excess water and chop finely. Combine with the rest of the beetroot mixture.

Add enough of the beaten egg to form a thick paste. (You may not need all of the egg. If it is too runny then add extra breadcrumbs.) Cover the bowl and refrigerate for 30 minutes to firm up.