

Cauliflower Fritters

- ~ 1 head of Cauliflower cup up and steamed
- ~ 2 cloves garlic, chopped
- ~ 1 cup flour
- ~ 2 eggs
- ~ 1/2 cup shredded Parmigianino cheese
- ~ 1/4 cup parsley, finely chopped
- ~ 1/4 cup hot water
- ~ salt and pepper to taste
- ~ 1/4 cup olive oil

1. Once you have steamed the cauliflower drain and place in a large bowl. Take your potato masher and gently break down the cauliflower. You don't want it mashed but in small pieces. Next add the flour, garlic, eggs, grated cheese, parsley, salt and pepper. Stir together and then add water so that batter becomes slightly denser than pancake batter.

2. On medium-low heat, add 1 Tbsp. of oil in a skillet coating the bottom of the pan. Use a 1/4 cup measuring cup to measure out fritters. Place in a pan and using the bottom of the measuring cup press down on the fritter to make about 1/2 inch thick. Cook until golden brown, turn and cook another few minutes. Add a little more oil to the pan and repeat with remaining batter.