

Garlic Scape Sweet Potato Pakoras or Fritters (Vegan)

Ingredients

- ½ cup rice flour
- ¼ cup chickpea flour
- 2 tsp. nutritional yeast
- 1 tsp. brown mustard seeds
- ½ tsp. nigella seeds
- ½ tsp. garlic powder
- ¼ tsp. smoked paprika
- ¼ tsp. salt
- ¼ tsp. black pepper
- ¼ cup melted coconut oil
- 1 lb. sweet potato
- 5 large garlic scapes
- 1 large carrot
- ½ small onion
- Vegetable oil, for cooking

Steps

1. First prepare your batter. Combine the rice flour, chickpea flour, nutritional yeast, mustard and nigella seeds, garlic powder, paprika, salt, and pepper in a large bowl. Whisk to combine, then add the coconut oil and ½ cup of water. Whisk again to remove any lumps, and set aside.
2. Prepare your vegetables. For the loopy, curling pakora I made, spiralize your sweet potato and carrot in large loops (otherwise you can just grate them). Slice the garlic scapes in quarters, down the length, so you have four thin, long, strips per scape. Thinly slice the onion into half-moons. Place all the vegetables in the large bowl with the batter, and fold until all of the vegetables have been lightly coated.
3. Heat a large skillet to medium-high heat, and add a tablespoon or two of oil to the pan. Place a thin, mostly flat, layer of vegetables in the hot oil (I found chopsticks to be the best tool when dealing with the long vegetable strands), and use the back of your spatula to flatten a little. Repeat, if you have more room in your skillet. Let the pakoras pan fry until you can see some crispy browning on the edges, then flip and use your spatula to press it down. After a couple minutes, remove from the heat. Continue until all the batter is used, making sure the pan stays well-oiled.
4. Serve warm with your favorite dipping sauce.

