



CHIPS Cookery Club

Recipe – Onion Bhajees

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Ingredients makes 4-5

100g gram flour
2 small brown onions or 1 large
1 x 5ml chilli powder
2.5ml salt
2.5ml turmeric
100ml cold water
2 x 15ml spoons oil for frying

Equipment needed

Large bowl
Chopping board
Sharp knife
Measuring spoons
Frying pan
Wooden spoon
Slice or palette knife
Measuring jug



Add the chilli powder to the gram flour.



Cut the onion in half and peel the skin. Cut the root end from each half.



Add ½ teaspoon of turmeric.



Slice the onions very finely using the bridge method.



Add the salt and mix together.



Add to the flour mixture and stir together.



Add the water.



Turn over taking care not to splash the oil. Cook gently for a few minutes until golden brown.



Mix thoroughly together.



Drain on kitchen paper and eat whilst warm.



Place 2 x 15ml spoons of oil in a frying pan and heat gently. Add a few spoonfuls of the mixture and fry gently.

Serve as a starter with Samosas or as an accompaniment to curry.

The gram flour is Gluten Free.