



Recipe from: [My Catholic Tradition](#)

CAULIFLOWER FRITTERS WITH TOMATO RELISH

Serves 4—6

1 small cauliflower
1/2 cup fine cornmeal
1/4 cup self-rising flour
1 tsp ground cumin
1/4 tsp bicarbonate of soda
1 egg
7 oz plain yogurt
Vegetable oil, for deep-frying

Tomato Relish

2 tbsp vegetable oil
1 onion, finely chopped
14 oz tomatoes, peeled and chopped
1/2 cup white wine vinegar
3/4 cup sugar
1 garlic clove, crushed
1 tsp ground cumin
3/4 cup finely chopped fresh coriander (cilantro)

1. Cut the cauliflower into large florets.
2. Remove as much of the stem as possible without breaking florets.
3. Wash and drain well.
4. Pat dry with paper towels.
5. Combine cornmeal, flour, cumin and soda in a mixing bowl and make a well in the center.
6. Beat together the egg, yogurt and 2/3 cup water.
7. Pour onto the dry the ingredients.
8. Using a wooden spoon, stir until batter is smooth and free of lumps.
9. Leave the batter to rest for 10 minutes.
10. Heat the oil in deep pan.
11. Dip the florets in batter and drain off excess.
12. Using a metal spoon or tongs, gently lower cauliflower into hot oil in small batches.
13. Cook until golden brown, 3—5 minutes.
14. Lift out with a slotted spoon and drain on paper towels.
15. Serve hot with Tomato Relish.

To make Tomato Relish:

1. Place the oil, onion, tomato, vinegar, sugar, garlic, cumin and sultanas in a pan.
2. Cover and cook over medium heat for 10 minutes.

3. Bring to a boil, reduce the heat and simmer uncovered for 5 minutes, or until mixture thickens and darkens slightly.
4. Remove from the heat.
5. Stir in the coriander.

Note:

Tomato Relish can be prepared up to three days in advance. Store covered in the refrigerator. The batter can be prepared up to three days in advance and stored, covered with plastic wrap, in the refrigerator. Remove two hours before needed and bring to room temperature.

Sultanas are a type of raisins made from