Pumpkin Fritter

Ingredients

- 1 Medium pumpkin – around 3.5Kg
- 2 Large potatoes
- 2 Large white onions
- 650g Whole flour
- 400g Breadcrumbs
- 1 Tablespoon dried parsley
- 1.5 Teaspoons nutmeg/garlic powder/ ground black pepper
- 2.5 Tablespoons salt
- Nutritional yeast to taste

This recipe makes around 20 fritters. 1 served with a poached egg makes a satisfying light lunch. 2 served with vegetables would be a filling main meal.

Method

1 Wash, then chop the **pumpkin** up into 2" cubes with the skin on.

2 Roast with **salt** and a dash of **olive oil** for around 45 minutes.

3 Keep the seeds cleaned of stringy pulp for use as a garnish.

4 Grate or finely chop the **onions**.

5 Wash the **potatoes** then grate with the skin on.

6 Put all the ingredients into a bowl. Add the **nutritional yeast**, **pepper**, **nutmeg** and **parsley**.

7 Mix the ingredients by hand then remove half and briefly blend with a hand blender or in a food processor.

8 Add the blended amount back in to create a mix which will hold together but still has the texture of the grated and roasted ingredients.

9 Make a ball of mix around the size of a large egg or half a cup measure, then roll in **breadcrumbs** and shape in an 8cm round cutter. Panko (Japanese) breadcrumbs can be used, mixed with flour at a ratio of 2 parts crumbs to 1 part plain flour.

10 Place on a floured tray and cover.

11 The fritters can be cooked from chilled or frozen. A healthier option would be to bake, but shallow frying, or for best results deep frying is recommended.

As the fritters can be cooked from frozen, a batch can be made for a meal and the extra placed in the freezer. Once frozen, wrapping individually can mean a supply which may last a few meals!

All the seasonings should be used to taste and alternative dried or fresh herb could be used.

The quantity of water in the pumpkin, potatoes and onions could affect the mix. If either the potatoes or onions are particularly wet they can be squeezed after grating.