

Vietnamese Mung Bean Fritters

@ 1pm Saturday 25/07/2020

Ingredients:

300g split and hulled yellow mung beans
1 shallot, finely diced
1–2 red small red chillies, finely sliced
½ tbsp fresh ginger, grated
2 tbsp coriander, roughly chopped
½ tsp salt
½ tsp of bicarbonate of soda
2 tbsp plain flour
½ tsp ground coriander
½ tsp paprika
2 cups of sunflower or vegetable oil for deep frying
¼ cup water

Method:

1. Soak the dried mung beans in water overnight or for a few hours before cooking time.
2. Drain the beans in a sieve and put in a food processor. Add the water and salt, and blend at high speed. You want the mixture to look like hummus. Transfer to a mixing bowl.
3. Add the flour, bicarbonate of soda, ground coriander and paprika and mix well.
4. Fold in the shallots, chilli, coriander, and ginger.
5. In a frying pan, heat up the oil until it's about 180°C. Carefully spoon a tablespoon of the mixture into a frying pan for each fritter.
6. Flip the fritters over so all sides are fried. You'll know they're done once they float to the top. Pull them out with a slotted spoon and drain on the rack.
7. Repeat until all the mixture is used.

Dipping sauce:

2 tbsp sugar
2 tbsp hot water
1 tbsp white wine vinegar
3 tbsp fish sauce (or 1 tsp of salt for vegetarian and vegan)
3 tbsp fresh lime juice
1–2 small red chillies, finely chopped
A clove of garlic, finely chopped

Method:

1. Add the hot water to the sugar in a bowl until the sugar dissolves.
2. Add vinegar, fish sauce and lime juice and mix well
3. Add the garlic and chillies