

# 390 Cauliflower fritters

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Fortunately cauliflower is never served overcooked in Indonesian cuisine. Cauliflower is often stir-fried with loads of herbs and spices or al dente in a [Sayur Lodeh](#). This Indonesian classic crispy cauliflower fritters recipe by Beb Vuyk is a great vegetarian dish or just a great way to serve vegetables. They are a great snack too with chili sauce for example.

This side dish is enough for **three people** and takes **15 minutes** to make.

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Cauliflower fritters translated from Beb Vuyk's Groot Indonesisch Kookboek, page 319.

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## Ingredients

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1 small cauliflower  
2 to 3 tablespoons of plain flour  
1 egg  
1 tablespoon of water

## Spices

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2 tablespoons of chopped onions  
1 chopped garlic clove  
1 candle nut or kemiri nut (roasted)  
1 tablespoon of chopped celery  
pepper  
salt  
nutmeg

Cut the cauliflower very thin (!) with a sharp knife. The stem can be used in a sayur. Make batter with flour and water. Rub onions, garlic, the candle nut, salt and nutmeg into a paste and mix it into the batter along with the cauliflower and the chopped celery. Fry these fritters the size of a tablespoon in hot oil.

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I have some cauliflower left over from yesterday's dinner. I've cooked them briefly (directly into boiling water and boil for 1 minute). This recipe works fine with leftover cauliflower. The original recipe is made with raw cauliflower you have to chop finely.





First I make the batter that will hold the cauliflower fritters together. Bebe mentions an egg in her ingredients list, but that does mention it in the preparation part. I think the egg is part of the batter. I stir a tablespoon of water into the flour and when it turns into a smooth batter, I mix in the egg.

I chop my cauliflower not too finely because they are already half done and mix this through the batter.



In my cobek (mortar) I rub onions, garlic, the roasted kemirrie-nut, salt and nutmeg together. I use about a teaspoon of salt and 2 teaspoons of nutmeg (Beb's recipes are often unclear about the amount of nutmeg in a recipe. I think Indonesians (or maybe only the Dutch-Indonesians) use nutmeg like pepper and salt 'to taste'.





I buy kemirrie-nuts or 'candle nuts' at my Asian shop (Toko in Dutch). Roast it in a non-stick pan, without oil or butter. Roll over occasionally to prevent burning. When it is light brown in color rub it fine in the mortar with the rest of the ingredients. Along with the chopped celery I stir this mixture into the batter.



Now the best part; making the actual cauliflower fritters. I use a tablespoon per fritter and fry it in a pan with medium hot oil, about 2-3 minutes per side, until crispy. When the cauliflower fritters have a light brown color on both sides, they are ready.

Delicious with some sambal, white rice and a meat dish. Or just as a snack with sweet chili sauce or kecap manis (sweet soy sauce).

