

yellow split pea fritters

ဘယာကြော် | baya kyaw

Baya Kyaw is Indian in origin and is a popular street food in Yangon, eaten as a snack throughout the day. This recipe is my sister's version and works particularly well as a starter, simply served with a dip or my personal favourite, eaten like falafel, stuffed in pita bread with chilli sauce and salad.

ingredients

250g dried yellow split peas, soaked overnight
1 medium onion, finely chopped
handful of coriander, finely chopped
1 red chilli, finely chopped
¼ teaspoon paprika
¼ teaspoon ground turmeric
1 teaspoon salt
groundnut oil for deep frying

method

First prepare the onions, chilli and coriander by chopping them finely and leave to one side.

Drain the peas and blitz half the peas in a food processor to a coarse consistency. Remove the peas into a bowl and blitz the remaining peas until a smooth paste, adding a drop of water (no more than 1 teaspoon) to help it along. Mix the two batches together. By doing this it gives the fritters a good texture so it will not split during the frying process.

Add the chopped onions, coriander, chilli, spices and salt to the mixture. Mix well to ensure they are evenly incorporated into the paste.

Heat enough oil in a saucepan to deep fry the fritters (never fill the pan more than half way), and when it is hot, scoop a teaspoon of the mixture and work with another teaspoon to form bite-sized oval shape. Drop the fritters one by one into the oil and deep fry in batches of 6 to 8 fritters on moderate heat for 2-4 mins or until golden brown.

Remove the fritters with a slotted spoon and drain on kitchen towel. They are best served warm with chilli dip or tamarind dip.

Makes: 30-35 fritters
Cooking time: 30 mins

tip

They can be made in advance and frozen until needed. When frying the fritters, remove from the oil when they are just golden and cool completely before freezing. When needed, defrost and place until a hot grill for 2-4 mins on each side to warm through and make them crisp.

variation

To spice it up, add ¼ teaspoon of ground cumin or coriander seeds.

eat with

Sour chilli dip ... p 92
Tamarind dip ... p 93

