

Toula Manias

Greek White Bean Fritters



White Bean Fritters Ingredients

- 250g dry Great Northern beans (or cannellini)
- 2 eggs
- 2 tomatoes
- 1 brown onion
- ½ tsp garlic powder
- Bunch of parsley
- 1 tbsp fresh mint
- 200g feta cheese
- 100g grated Romano cheese
- Salt/pepper
- Pinch of cumin powder
- Self-raising flour
- Olive oil and sunflower oil for frying

Yoghurt Dipping Sauce Ingredients

- Greek-style yoghurt
- Olive oil
- Salt/pepper
- Fresh mint
- Lime/lemon juice
- Pinch of cumin

Method

1. Soak beans in plenty of cold water for 8 hours, strain and boil in salted water until cooked.
2. Strain, rinse and place in large bowl.
3. Mash with potato masher or fork until all broken up.
4. Deseed tomatoes and dice flesh. Finely dice onion and herbs.
5. Add to bean mixture along with eggs and spices.
6. Add crumbled feta and grated cheese and mix.
7. Add enough flour until mixture comes together and mixture is not too thick or runny.
8. Heat oil in pan and on medium heat, spoon tbsp of the mixture and fry until golden brown.
9. Mix all ingredients for the yoghurt dip together and serve with fritters.