

Baked onion bhajis

(Makes 20)

Promote production of acetate and reduce production of beta-glucuronidase with this recipe rich in inulin.



Ingredients:

- 3 large onions (approx. 600g)
- 1 tsp fine sea salt
- 1 tsp cumin seeds
- 2 ½ cm piece ginger, cut into matchsticks
- ¼ tsp ground turmeric
- ¾ tsp ground coriander
- 3 tbsp coriander, finely chopped
- 2 green bird's-eye chillies, finely chopped
- ¼ tsp chilli powder
- 100g gram flour (chickpea flour)
- 1 ½ tbsp oil
- chutney or raita, to serve

Method:

1. Peel the onions and finely slice into 3cm pieces.
2. Put the onions in a bowl and sprinkle with salt, then mix well with clean hands. Allow to sit for at least 30 minutes or up to 3 hours.
3. Pre-heat oven to 200°C. Line a baking tray with a sheet of baking paper (don't use foil as it will stick).
4. When ready, squeeze the onions to release the water into the bowl. In the same bowl, add the remaining ingredients except the gram flour and oil. Stir well.
5. Sift the gram flour over the onion mixture and mix well. A batter that sticks the onions together should form. If too dry, add a drop of water.
6. Mix in the oil with your hands and evenly coat the onions.
7. Using a spoon or clean hands, make 20 equal-sized onion balls and place them on the baking paper.
8. Bake for 40 minutes or until browned. Serve with a good chutney and/or raita.