



We've reached 'O' in our 'Vegetarian Alphabet' and realistically it had to be Onions. They are a staple here in the same way that we always try to have Potatoes in the draw.

We decided to be indecisive and go with a warm buffet sort of gig, with Onion Bhaji, Onion Rings and a Cheese and Onion Pasties.

Onion Bhaji

Onion Bhaji Ingredients:-

2 Onion roughly chopped
100g Gram flour
½ tsp baking powder
½ tsp Chilli powder
½ tsp Ground Cloves
½ tsp Ground Turmeric
Salt
Oil to fry

Method:-

- (1) Mix all the ingredients into a stiff batter in a bowl.
- (2) Deep fry at 170c until they float and the protruding Onion starts to brown.
- (3) Remove and drain on Kitchen Paper.

Cheese and Onion Pastries

Pastry Ingredients:-

340g Plain Flour (Gluten free here)

2 tsp Xanthum Gum

220g Margarine

2 Eggs

2 tsp cold water

A pinch of Salt

Filling ingredients:-

Cooled mashed Potato

Wholegrain Mustard

Grated Cheese

Roughly Chopping Onion

You'll also want a beaten Egg for an Egg wash.

Method:-

- (1) Rub the Margarine and Salt into the Flour to form a crumb texture.
- (2) Beat the Eggs and add the Water to them.
- (3) Fork the Water and Egg into the Crumb mixture a little at a time.
- (4) Use your hands to knead into a dough.
- (5) Set aside in the fridge for an hour wrapping in Cling Film.
- (6) Mix the filling ingredients.
- (7) Roll out the Pastry and use a small dish to cut circles.
- (8) Stuff and crimp your Pasties and brush with an Egg wash, using Egg wash as a glue.
- (9) Stab holes in the Pastry to let the steam out.
- (10) Place in a preheated oven at 180c and cook for 20 to 30 minutes until the pastry is golden brown.
- (11) Remove from the oven and eat hot or preferably allow to cool.

Onion Rings

Onion Rings Ingredients:-

1 Large Onion, cut into rings
Self Raising Flour (Gluten free here)
Soda Water
Garlic Salt
Onion Salt
Black Pepper
Paprika

Method:-

- (1) Mix the ingredients to make a sticky batter. Adjust with more Water or Flour for thickness.
- (2) Dredge the Onion rings in Flour.
- (3) Dunk in the batter and fry in small batches fry until until golden brown.

We served these with a Tomato and Onion dressed salad, an Onion and Gherkin salad and some dips and chips.