

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:

- Peel the onions and finely slice into 3cm pieces.
- 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.
- Pre-heat oven to 200°C. Line a baking tray with a sheet of baking paper (don't use foil as it will stick).
- 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.
- 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.
- Mix in the oil with your hands and evenly coat the onions.
- Using a spoon or clean hands, make 20 equal-sized onion balls and place them on the baking paper.
- Bake for 40 minutes or until browned. Serve with a good chutney and/or raita.