

Spiced Taro cakes



INGREDIENTS

Serves 10- 12

- 4 medium taro roots (about 750 g)
- ½ cup cooked local spinach (eg Brazilian spinach)
- 3 cloves garlic
- 1 tablespoon coriander (ground)
- 1 tablespoon cumin (ground)
- ½ tablespoon freshly ground nutmeg
- 2 eggs
- 1 cup of whole-wheat flour
- 1 chilli and several garlic chives, salt
- 1 tablespoon chopped Thai basil/ other herbs
- One teaspoon peanut/ veggie oil/ coconut oil

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WHAT TO DO

- Peel and cut the Taro and boil until soft
- Meanwhile chop the chili and herbs
- Grate or pound the garlic and spices in a mortar and pestle
- Pull the stalks from the spinach and steam in a steamer until wilted
- When the taro is cooked, drain it really well and mash it, add half the flour, but set aside ½ cup. Add in herbs and spices, garlic and chili and steamed spinach.
- Mix through the eggs and make the taro into small balls. Heat a wok and add the oil
- Roll the balls in flour and heat in the pan pushing them into a patty, turn them over when one side is browned and cook both sides.
- Put to the side and serve on a bed of local greens or with dipping sauce and sprinkle with chopped herbs.