

Flower Fritters Recipe

Ingredients: Serves 4

4 cowslip creepers
8 lotus flower petals
4 clusters bougainvillea
100g flour, sifted twice
¼ teaspoon salt
70ml cold water
250ml vegetable oil for deep frying
4 tablespoons plum sauce

Method:

Wash flowers and pat dry with paper towel. Mix flour, salt and water to form a batter. Coat flowers with batter and fry in hot oil until golden brown. Set aside to drain. Display on plate and serve plum sauce separately. Cowslip creepers are small, light green fragrant flowers. The root of the lotus is most commonly used in Chinese soups. As for this species of bougainvillea, certain children would have discovered that sucking on them yields a sweet nectar but probably would have stopped short of chewing. The Thais uses a lot of flowers in their cooking too.

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