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FOR GOING GLOBAL.
FOR ADDING SOME
FLAVOUR.
FOR COOKING.**

**FOR ACTION.
AGAINST HUNGER.**

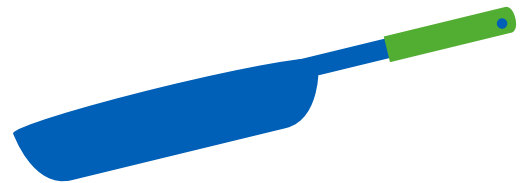


AKARA (BEAN FRITTERS) RECIPE

Akara are like bean fritters, usually made from Nigerian brown beans but this recipe uses readily available cooked black-eyed beans you can buy in cans. Akara are often served at breakfast time. This recipe makes around 15 cakes.

INGREDIENTS

125g black-eyed beans (ready cooked)
½ medium onion, chopped
100ml water for blending
½ tsp salt
A pinch of pepper
1 egg yolk
2 egg whites
Vegetable oil for deep frying



METHOD

1. Follow the instructions on the can to heat through the beans (this recipe assumes you are using ready cooked black-eyed beans from a can).
2. Place the beans, onions and 100ml of water in a blender and puree until smooth. Transfer to a bowl and mix in salt, pepper and egg yolks.
3. Place oil for deep frying in a pan on medium heat or turn on a deep fat-fryer.
4. Using a whisk, beat the egg whites until stiff. Do not over beat. Carefully fold the egg whites into beans mixture. Using a tablespoon, carefully drop the mixture into hot oil and deep fry until golden brown on each side.
5. Place on kitchen paper to drain. Once drained, serve.

This recipe was kindly donated by 10-year-old Action Against Hunger supporter and budding chef Dylan Allman!

