



Wahcazi Fritters

Prep Time: 10 minutes

Serves: 1

Make sure to tune in every Wednesday at 5:30 PM CST to the Sicangu Community Development Corporation Facebook page for our virtual cooking class!



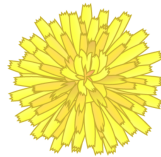
This recipe uses hot oil so make sure to cook with an older buddy!

Dandelions are high in Vitamin A, Vitamin C, and Vitamin K! They are also full of minerals, helping to keep your vision and your immune system strong and healthy!



Ingredients:

- 1 cup or so of fresh, prepared wahcazi (dandelion) flowers
- 1 cup flour
- 1 cup milk
- 1 egg
- 1 teaspoon baking powder
- Cooking oil to coat your pan (olive, coconut, or vegetable oil)



For savory fritters:

- Pinch of salt
- 1 tsp herb blend such as Italian, rosemary, or a masala mix.
- Dipping sauce if you like such as sweet chili or guacamole

For sweet fritters:

- 2 tbsp sugar/honey
- 1 tsp vanilla
- ½ tsp cinnamon.
- Granulated sugar to roll hot fritters in

Draw a picture of your favorite wild food to harvest!
(Think of things you might pick in the summer like timsila, chokecherry, or ceyaka)



Directions:



- Harvest dandelions from a spot you know isn't sprayed with chemicals and isn't visited too much by cats and dogs. Pick the yellow flowers an hour or two hours before you cook, if you pick them too early they will shrivel up.
- Wash the dandelion flowers under cool water. Then cut off the green leafy pieces on the bottom of the flower so you're left with the yellow petals. (The green bracts are bitter tasting)
- Whisk all of the ingredients together in a bowl EXCEPT for the dandelion flowers. Pick if you want sweet or savory fritters and then add the seasonings to the bowl.
- Dip the dandelions into the batter mix so they are completely coated.
- Heat your cooking oil in a pan over high heat. Once the oil is hot, put your flowers into the pan, flower side down.
- When one side is golden brown, flip it until both sides are cooked. Then place the flowers on a paper towel. If making sweet fritters, roll them in the sugar while they're still hot!
- Enjoy! :)