



**GET TOGETHERS**

Bringing people together through food

# Swedish-style carrot fritters - Raggmunk

These carrot and potato fritters are a cross between pancakes and a rösti. They are traditionally served in Sweden as a side to meat and fish dishes.

**Organisation and skill:** ★★ ★

**Cost:** £ £ £

**Portion-wise:** Makes 6-8 fritters

**Store-wise :** These are best made and served straight away

## Equipment

- Grater
- Plate
- Mixing bowl
- Whisk or fork
- Tablespoon
- Non-stick frying pan
- Fish slice or spatula

## Ingredients

- 25g plain flour
- 3 tablespoons milk
- 1 medium free-range egg
- 1 sprig fresh thyme, leaves picked from stem, or large pinch dried thyme
- 175g potato, (Desirée are good for this) – washed
- 175g carrot – washed
- Salt and pepper
- Pinch of caraway seeds (optional)
- 1 tablespoon rapeseed oil

### Allergy aware

This recipe contains:

- Cereals containing gluten (flour)
- Milk
- Egg

# How to make it

- 1 Grate the potato and carrot onto a plate using the largest holes on the grater. Blot with kitchen paper if very wet.
- 2 In a large bowl, whisk the flour with the milk and egg to make a batter. Add the thyme, a pinch of salt and pepper and the caraway seeds if using. Tip in the grated carrot and potato and stir to mix everything together.
- 3 Heat the oil in the frying pan and put 3 large spoonfuls, spaced well-apart, into the pan. Fry over a medium heat until crispy on the underside. Turn the fritters over and fry on the other side, pressing down to make sure they get fully cooked. Keep them warm then repeat with the rest of the mixture.

## Serving suggestions:

In Sweden, Raggmunk is served alongside fried pork and lingonberries so try them served with bacon for a special breakfast treat.

## Eat well

- These fritters will be popular across the generations as they have natural sweetness from the carrots and are easy to eat. Young children can eat them as a finger food.
- Adding carrots to a potato cake recipe improves the nutrition of the dish by contributing beta-carotene which our body converts to Vitamin A. Vitamin A helps us fight infections such as colds. It is also linked to growth and good vision in dim light.

## Shopping

- This recipe is a good store-cupboard option – most of the ingredients will be in the fridge or cupboards.

## Cooking together

- This recipe is suitable for a cross-generational cooking activity, offering different tasks suited to different levels of experience – grating, cracking eggs, mixing, frying.
- A responsible adult should manage the cooking of these fritters.
- The Raggmunk could be made as an option for Pancake Day.

## Sustainability – good for you, good for the planet

- If you have grown your own carrots and don't have many to share, this recipe makes them go a long way.
- Organically grown carrots don't need peeling so you have less food waste.
- If carrots require peeling, put the trimmings on the compost heap.
- If you are concerned about animal welfare and the environment, buy free-range eggs as a minimum standard and consider choosing organic for the highest levels of welfare.

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