Prep Time	20 minutes
Cook Time	15–20 minutes (in batches)
Total Time	40 minutes
Skill Level	Easy (Intensity: Low–Moderate)
Servings	Makes 10–12 fritters (serves 3–4)
Cuisine	Eastern European / Fusion
Method	Pan-frying

Intensity Key: *Low* = simple stirring and measuring; *Moderate* = hot-pan frying requiring attention; *High* = rapid, delicate work.

Table of Contents

- Ingredients
  - For the Fritters
  - For Frying
  - For Serving
- Equipment
- Instructions
  - Step 1: Salt and Drain the Cabbage — Time: 10 minutes | Intensity: Low
  - Step 2: Mix the Batter — Time: 5 minutes | Intensity: Low
  - Step 3: Heat the Pan — Time: 3 minutes | Intensity: Moderate
  - Step 4: Shape the Fritters — Time: 5 minutes | Intensity: Low
  - Step 5: Fry — Time: 12–16 minutes total | Intensity: Moderate
  - Step 6: Serve — Time: 2 minutes | Intensity: Low
- Tips for Success
- Nutrition (per serving, based on 4 servings)

Ingredients

For the Fritters

- ½ medium head green cabbage (about 500 g / 1 lb), finely shredded
- 1 small onion, finely grated or minced
- 2 large eggs
- ⅓ cup (40 g) all-purpose flour
- ¼ cup (25 g) panko or plain breadcrumbs
- ½ tsp salt (plus more for salting the cabbage)
- ¼ tsp black pepper
- ½ tsp garlic powder
- ¼ tsp smoked paprika (optional, for depth)
- 2 tbsp fresh parsley or dill, chopped
- ¼ cup (25 g) grated Parmesan or crumbled feta (optional but delicious)

For Frying

- ¼ cup (60 ml) neutral oil (vegetable, sunflower, or canola), plus more as needed

For Serving

- Sour cream or Greek yogurt
- Lemon wedges
- Fresh chives or dill

Equipment

- Large mixing bowl
- Colander or clean kitchen towel
- Box grater
- Large heavy-bottomed skillet (cast iron works great)

- Spatula
- Paper towels
- Wire rack (optional, for keeping fritters crisp)

Instructions

Step 1: Salt and Drain the Cabbage — *Time: 10 minutes* | *Intensity: Low*

Finely shred the cabbage with a sharp knife or mandoline. Place it in a colander, sprinkle with ½ teaspoon of salt, and toss well. Let it sit for 10 minutes. This draws out excess water — the single most important step for crispy, not soggy, fritters.

After 10 minutes, wrap the cabbage in a clean kitchen towel (or press firmly in the colander) and squeeze out as much liquid as you can. You should end up with roughly 2 cups of firmly packed, dry shredded cabbage. Discard the liquid.

Step 2: Mix the Batter — *Time: 5 minutes | Intensity: Low*

In a large bowl, whisk the eggs. Add the flour, breadcrumbs, pepper, garlic powder, and smoked paprika, and stir into a thick paste. Fold in the drained cabbage, onion, parsley, and cheese (if using). Mix until everything is evenly coated. The mixture should hold together when pressed — if it feels wet, add 1–2 tablespoons more breadcrumbs.

Step 3: Heat the Pan — *Time: 3 minutes* | *Intensity: Moderate*

Set a large skillet over medium heat and add the oil. Heat until a small pinch of batter sizzles gently on contact — around 350°F (175°C). If the oil smokes, lower the heat slightly. You want a steady, moderate sizzle, not a furious one; too-hot oil browns the outside before the cabbage cooks through.

Step 4: Shape the Fritters — *Time: 5 minutes* | *Intensity: Low*

Scoop about 2 tablespoons of mixture per fritter. Press gently between your palms into a patty about ½ inch (1.5 cm) thick and 2½ inches (6 cm) wide. Keep them uniform so they cook evenly. Work with slightly damp hands to prevent sticking.

Step 5: Fry — *Time: 12–16 minutes total* | *Intensity: Moderate*

Fry in batches of 4–5, leaving space between fritters. Cook 3–4 minutes per side over medium heat until deep golden brown and crisp. Resist flipping more than once. Adjust the heat as you go: if they brown too fast, reduce to medium-low; if they pale and absorb oil, nudge the heat up. Transfer finished fritters to a paper towel–lined plate or wire rack. Keep warm in a 200°F (95°C) oven while you fry the rest.

Step 6: Serve — *Time: 2 minutes* | *Intensity: Low*

Serve hot with a generous dollop of sour cream, a squeeze of lemon, and a scatter of fresh herbs. These are best eaten immediately, while the crust is at its crispiest.

Tips for Success

- Dry cabbage = crispy fritters. Squeeze hard; don’t skip this.

- Moderate heat is key. Too hot → raw center; too cool → greasy fritters.
- Don’t overcrowd the pan. Crowding drops the oil temperature and steams the fritters.
- Make-ahead: The unbaked mixture keeps in the fridge for up to 24 hours. Fry fresh.
- Reheating: Re-crisp in a skillet or oven at 375°F (190°C) for 5–6 minutes — never the microwave.

Nutrition (per serving, based on 4 servings)

Estimates calculated without optional cheese and serving suggestions. Values vary by brand and portion size.

Nutrient	Amount per Serving
Calories	~290 kcal
Total Fat	~19 g
Saturated Fat	~2.5 g
Carbohydrates	~23 g
Fiber	~3 g
Sugars	~4 g
Protein	~7 g
Sodium	~380 mg
Cholesterol	~95 mg