

METHOD OF PREPARATION – VEGETABLE
MALAI KOFTA

VERY IMPORTANT: No need to add Salt, Red chilli, Ginger, Garlic or anything else apart from the ingredients given below. Increase all quantities proportionally for serving more than 5 persons. Follow instructions given below as it is for best results.

Ingredients Required for 5 persons.

Potatoes	250 gms / 8.8 oz
Cauliflower	100 gms / 3.5 oz
Green Beans	100 gms / 3.5 oz
Green Peas	50 gms / 1.75 oz
Green chillies – Whole	3
Cooking oil	Enough for deep frying koftas.
Onions	250 gms / 8.8 oz
Cilantro/Kothmir/Hara Dhanya	2 Small bunches
Cream	200 ml / gms – 7 oz
Yogurt (curd)	100 gms / 3.5 oz
Ustad Banne Nawab's Vegetable Malai Kofta Masala	1 packet

STEPS OF COOKING:

1. Wash and dice Potatoes, Cauliflower, Green Beans and Green Peas. Pressure cook the vegetables with one glass of water till the first whistle only. Close cooker and let it cool.
2. Open cooker after cooling, drain all the water thoroughly and remove the vegetables in a bowl.
3. Add entire contents of Vegetable Malai Kofta pouch # 1 to the vegetables. Mix and mash the vegetables thoroughly simultaneously.
4. Keep the mixed dough in the freezer for about half an hour to one hour as it will make it easier to make and shape the koftas.
5. Wet your palm with a little oil and make about 20 to 25 round shaped koftas.
6. Take enough oil in a kadhai / wok and deep fry the koftas till they become crispy. Remove and keep aside.
7. Mix entire masala of vegetable kofta masala pouch # 2 in 50 ml / Half teacup of water and keep aside.
8. In the same oil fry the onions till golden brown, remove and spread. Crush them finely after drying and keep aside.
9. Make small incisions in the green chillies, so that they don't pop up while frying and keep aside.
10. Take 100 ml oil left after frying the vegetable koftas and onions in a pot and heat it.
11. Add pouch # 2 of vegetable kofta Masala paste and cook for just one or two minutes only stirring continuously, otherwise it will get charred.
12. Add the yogurt / curd after whipping and cook till raw smell of yogurt / curd goes stirring continuously.
13. Add the coconut powder and cashew nuts paste and cook for another 2 to 3 minutes stirring continuously.
14. Crush the dried onions, add and mix.
15. Add 500 ml / two and a half glasses of water, mix thoroughly and let it come to a boil.
16. Add only 100 gms (Keep the remaining half for garnishing) of cream, mix well and cook for one to two minutes.
17. Add the fried vegetable koftas and mix gently. Close stove.
18. Garnish with remaining 100 gms of cream and Cilantro / Kothmir / Hara dhanya before serving.

