GOBI MANCHURIAN OR CAULIFLOWER FRITTERS – INDO-CHINESE RECIPES



Gobi manchurian is a popular Indo-Chinese appetizer. It is the result of the adaptation of Chinese cooking and seasoning techniques to suit Indian tastes. In this recipe, florets are dipped in batter, deep fried and then sauted in sweet, spicy and tangy sauce. Eat this delicious mouth watering recipe with hot fried rice on a cold winter and enjoy…

Ingredients

1 Medium sized Cauliflower, cut into florets.

Oil to deep fry

For the Batter

1/4 Cup of Maida/ All Purpose Flour
2 and 1/2 Tbsp of Corn Flour
1 and 1/4 Tbsp of Rice Flour
1/2 Tsp of Sugar
1 Tbsp of Soya Sauce
1 Tsp of Red Chilli Powder
1 Tsp of Coriander Powder
1 Tbsp of Garam Masala
1/2 Tsp of Pepper
2 Tbsp of Thick Curd / Yogurt
Salt and water as needed

For the Sauce

2 Spring Onions, Finely Chopped
1 Green Bell Pepper, Finely Chopped
2 Tbsp of Chopped Red Onion
2 Garlic Cloves, Crushed
1/2 Inch of Ginger, Crushed
1 Green Chilly
2 Tsp of Soya Sauce
1 Tsp of Sriracha Chilli Sauce
1 and 1/2 Tbsp of Maggi Hot Chilli Sauce
1/4 Tsp of Sugar
Dash of salt and pepper
2 Tbsp of Cilantro Leaves
1 Tbsp of Oil

Method

- Wash and place the florets in salted hot water for 10 mins and then drain and pat dry on a papre towel and

keep it aside.

- In a bowl, add all the ingredients listed under ” To the batter” to make a thick paste.
- Add all the washed florets to the bowl, keep refrigerated for 1/2 hr.
- Heat oil for deep frying in a wok/pan.
- Drop florets one by one into hot oil. Make sure the florets are well coated with the batter.
- In a medium flame, fry all the florets until it turns golden brown and drain on paper towel. Once after all the florets have been fried , keep it aside.
- Heat oil in a pan, add crushed ginger-garlic and green chilies, stir fry on high for a min.
- Add white part of spring onion, red onion, green bell pepper, stir fry for 2-3 mins.
- In a medium heat, add soya sauce, sriracha chilli sauce, maggi tomato -chilli sauce, salt, pepper and sugar, mix well and cook for 2 mins. Add little water, saute well for 1-2 mins until you get thick consistency.
- Now add the deep fried cauliflower florets, toss well in high flame for a min and then switch off the flame.
- Finally garnish with chopped cilantro and green part of the spring onion.



Tips

- Best combo for gobi manchurian is fried rice or chapathi.
- Keep tooth prick in each florets and served it as an appetizer.
- You can also add vinegar, if you prefer.
- Adding coriander powder and garam masala is optional.

Health Benefits of Cauliflower

- Rich in anti-oxidants.
- Good for better digestion and heart health.
- Rich in manganese, vitamin B, C, dietary fiber and folate.



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Hi Friends,

Thank you for reading my post. Your comments and feedback is very valuable and highly appreciated. Please leave your valuable comments and feedback for this post. Thanks Gayathri.

LO MEIN RECIPE / VEGETABLE LO MEIN NOODLES RECIPE



Lo Mein Recipe means "tossed noodles". In American Chinese restaurant, lo mein is a popular take-out food. Lo mein noodles are usually stirred with a sauce made from soy sauce and other seasonings. Certain vegetables are added to these noodles such as bok choy, green peppers, carrot and mushroom to make vegetable lo mein noodles. Try this easy chinese vegetarian lo mein dish for dinner or lunch.

Ingredients

- 2 Handful of Multigrain Spaghetti
- 1/4 Cup of Mushroom
- 1/4 Cup of Red Onion, Diced
- 1/4 Cup of Green Peppers, Diced

- 1/4 Cup of Spinach
- 2 Tbsp of Peas
- 1/4 Cup of Carrot, Diced
- 2 Garlic Cloves
- 1/2 Tsp of Red Chilli Flakes
- 1 Tbsp of Olive Oil or Sesame Oil

To make Sauce

- 1 Tsp of Black Bean Paste
- 1 Tsp of Soy Sauce
- 1 Tsp of Chilli Sauce
- 1/2 Tsp of Salt
- 1/2 Tsp of Sugar
- Dash of Pepper Powder
- 1 Tsp of Hoisin Sauce

Method for lo-mein



- Cook the spaghetti according to package directions. Boil the spaghetti in water with a tsp of salt and oil. Wait for sometime. Once it get cooked, drain the water and rinse it with cold water to avoid stickiness.
- Heat a pan with oil, add red chilly flakes, chopped

garlic and onion. Fry till onions are transparent.

- Add all the veggie's (Carrot, Green Bell Pepper, mushroom and spinach) Fry for 2 mins. Sprinkle some water and then cover pan with a lid so that all veggie's get cooked.
- Then add the sauce. Mix/Toss it so that veggie's absorbs the sauce. Let it cook for 2 mins. Turn off the stove.
- Finally add cooked spaghetti. Toss for 30 secs and let the liquid absorbs.
- Transfer to a serving dish. Ready to eat.



Tips

- Use olive oil, it gives you a nice taste.
- Try to use whole wheat or Multi grain Spaghetti , because they are rich in fiber.
- You can also add chestnuts, bok choy, green onion, bean sprouts to this recipe.

Health Benefits of Spaghetti

- Good source of vitamin A, it promotes healthy vision, skin and bone growth.
- Rich in folic acid, aids in preventing megaloblastic anemia, a serious medical condition.
- It is a good source of potassium so it supports cardiovascular health, and proper muscle function.



Indo-Chinese Fried Rice



Fried rice are now getting popular throughout the world because of its unique taste. This is one of my favorite recipe.It has vegetables and rice that are wok fried in oil or butter. This recipe is so simple, quick to make, yummy, colorful to eyes and on top of that it has a excellent taste which is from the secret ingredient – soy sauce.

Ingredients

1 Cup of Rice
2 Chopped Carrot
2/3 Cup of Chopped Cabbage
1/2 Cup of Yellow Bell Pepper
1/2 Cup of Red Bell Pepper
1/2 Cup of Green Bell Pepper
4-5 Small Green Chillies

2 Chopped Green Onion (Spring Onion)
1/2 Tsp of Sugar
1.5 Tsp of Black or White Pepper powder
2-3 Tbsp of Soy Sauce
1 Tbsp of Butter or Oil
Salt to taste

Method



INGREDIENTS

- Soak the rice for 1/2 hr and cook it in pressure cooker or stove top. Once it done. Keep it aside.
- Heat a wok with butter or oil, add white part of the green onion and green chillies. Fry for a minute..
- In a high flame, add cabbage, carrot, bell pepper(green, red and yellow). Fry for a min. Sprinkle some water and cover wok with a lid and Wait for 2 mins so that the vegetables got cooked.
- Add pepper powder, sugar, soy sauce, salt and give it a stir.
- Add green part of the green onion and give it a stir. Switch off the stove.
- Finally add the boiled rice and mix well.
- Hot fried rice is ready.



Tips

- Serve hot fried rice with gobi manchurian or gobi panner manchurian
- You can add 1/4 tsp of ajinamoto for extra taste.
- Careful in adding salt as soy sauce are salty in taste.
- Adding butter gives unique taste to this dish.
- Don’t over fry vegetables, because it loses its nutrients and color.



Health Benefits of Fried Rice

- This colorful Indo-Chinese fried rice is full of vegetables and less spicy in taste.
- Bell peppers are rich in Vitamin A, B6 and C
- Cabbages has a cholesterol lowering benefits.
- Carrots are rich in carotenoid and antioxidant.