

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 chillies, 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.

GOBI MANCHURIAN



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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.

GOBI MANCHURIAN



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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.

SPECIAL CURD/YOGURT RICE OR THAYIR SADAM – LUNCH BOX RECIPES

SPECIAL CURD/YOGURT RICE OR THAYIR SADAM – LUNCH BOX RECIPES



Special creamy curd rice is my all time favorite. I cannot live without curd/yogurt even for a single day. Because I love curd and butter milk, it makes me refreshing. This is

my favorite lunch box recipe too during school and college days and best combo to this rice are mango pickle and mor milakai.

Curd rice can be prepared in a unique style where rice is boiled, mashed, mixed with a thick curd, milk (to lessen the sour flavor of yogurt), butter and salt and then tempered it with a tadka (seasonings) roasted in a spoon of hot oil. Finally garnishing, it vary from region to region and it range from grated carrots, pomegranate seeds, raisins, grapes, grated raw mango and boondi. It can be served lukewarm or chilled.

This is a one pot meal, quick to make and easily digestible food recipe and perfect for lunch box.

Ingredients

2/3 Cup of Cooked Rice
1 Cup of Yogurt / Thick Curd
1/4 Cup of Milk (Full Fat Milk- Boiled and cooled to room temperature)
1 Tbsp of Butter
1 Tbsp of Cashews, Finely Chopped
Salt to Taste

To Temper

2 Tsp of Oil
1 Tsp of Mustard
1 Tsp of Urad Dal
2 Red Chillies
Pinch of Hing
Few Curry Leaves
1 Green Chilly, Chopped
1/2 Inch Ginger, Finely Shredded

1/4 Cup of Onion, Finely Chopped
1 Medium Size Carrot, Finely Shredded
Few Cilantro Leaves, Finely Chopped

Method

- Mash the over cooked rice in a masher without any lumps.
- Add curd/yogurt, butter, cashews and salt to the mashed rice. Mix them well.
- Now add milk a little by little while mixing the rice. Add little more milk if needed.
- Heat oil in a pan, add red chillies, wait until it turns dark brown color. Add mustard and urad dal to oil, after it splutters, add curry leaves, hing, green chilly and shredded ginger to it. Saute well for a min.
- Add chopped onion, shredded carrot and chopped cilantro. Saute for 1 min. (Don't overcook for a long time)
- Now pour this seasonings over the curd rice. Mix well.
- Creamy special curd rice is ready.
- Serve with pickle and mor milakai.
- It taste really great if you consumed after 3 to 4 hours.



Tips

- You can add fruits like pomegranate or grapes to your rice.
- Adjust spiciness according to your taste.
- Adding butter gives richness to the dish.
- Please don't add curd/yogurt to the hot rice as it kills the friendly bacteria (*Lactobacillus*) in curd.
- If you prepared curd rice in advance for lunch box, add milk to the curd as milk removes sourness to the curd. If you eat curd rice immediately after preparation, then there is no need to add milk.

Health Benefits of Curd Rice

- Helps improve the digestion
- Helps strengthen the immune system
- Consuming curd increases the capacity to absorb the nutrients and minerals from other food stuffs
- Especially helpful for those who are lactose intolerant
- Helps get strong bones and teeth as its calcium content is high. It helps fight against osteoporosis.
- Helps minimize the risk of high blood pressure.
- Fight-off unfriendly bacteria that cause food poisoning and travellers' tummy bugs.
- Eating live food regularly is the most effective way to restore the balance of intestinal bacteria called "flora"



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COCONUT OATMEAL COOKIES WITH COCONUT OIL – BAKING RECIPES



Coconut oatmeal cookies are soft and chewy and rich in taste. They taste like a regular soft and buttery cookie

but the inclusion of coconut, in the form of coconut oil and coconut flakes (although you can't taste it but it gives these cookies a deep caramel richness and chewy bite. My husband really loved it...Very easy to make in a very less time..

Ingredients

3 Tbsp of All Purpose Flour / Maida
2/3 Cups of Quick Cooking Oats
3 Tbsp of Extra Virgin Coconut Oil
1/4 Cup + 1 Tbsp of Sweetened Coconut Flakes
3 Tbsp of White Granulated Sugar
1/4 Tsp of Salt
1 and 1/2 Tbsp of Milk (Full Fat)

Method

- Preheat oven to 350 degree F.
- In a bowl, mix sugar and oil together with a fork or wire whisk.



- Then add flour, oats, coconut flakes, salt and milk to sugar- oil mixture. Mix well with spatula or fork.



- Drop by rounded tablespoonful onto greased baking sheets, 2 inches apart and flatten it slightly with a fork.
- Bake it for 15 – 20 mins or until bottoms turn golden brown. Mine turned golden brown after 15 mins.
- Let the cookies cool down for 10 mins. Then carefully lift the cookies with a spatula and transfer to a cool, flat surface and enjoy....

Yield : 10 Cookies

COCONUT OATMEAL COOKIES



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Tips

- Store it in airtight container after they cooled down.
- You can also use some more coconut flakes on top of the cookie on the baking sheet before baking.
- Use butter or any vegetable oil instead of coconut oil.
- Use agave or brown sugar instead of white sugar.



Health Benefits of Coconut and Oats.

COCONUT

- Coconut oil boosts the immune system by producing disease fighting substance called LAURIC ACID.
- Full of antioxidants.
- Good for skin.

OATS

- Lowers bad cholesterol and pressure.
- Improves insulin sensitivity.
- Increases appetite controlling hormone.
- High in fiber.

COCONUT OATMEAL COOKIES



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