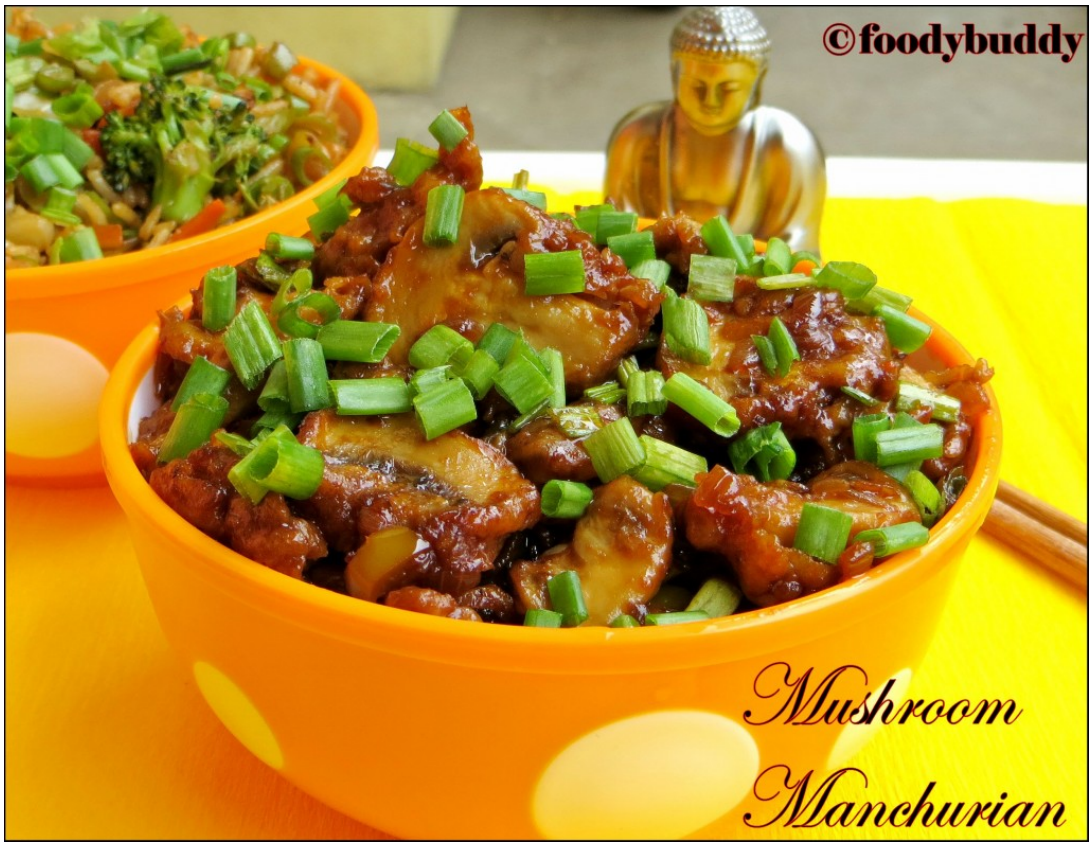
Mushroom Manchurian / Dry Mushroom Manchurian Recipe

Mushroom manchurian / mushroom manchurian dry recipe is a popular dish of Indo chinese cuisine. Me and my husband are great mushroom lovers. So I used to make lot of recipes with mushroom, few I have already posted in my blog. They are mushroom 65, mushroom rice, Mushroom soup, soya chunks mushroom curry, black eyed peas with mushroom, mushroom sandwich, stir fry with asparagus and mushroom . Coming to the recipe, it is a dry version of mushroom manchurian. Making mushroom manchurian recipe involves simple procedure, first you have to take coat the mushroom in a spicy batter and deep fry it, toss well in soya sauce and tomato ketchup. Finally garnish it with spring onion. Serve this manchurian recipe as a starter or can be served as a side dish for chinese vegetable fried rice or egg fried rice or Indo Chinese Fried Rice. You can also serve mushroom manchurian for chapathi or bread.

Mushroom Manchurian / How to make dry mushroom Manchurian



Health Benefits of Mushroom

- Low in calories
- High in protein and fiber.
- Good source of iron, niacin, vitamin B, C and D and anti-oxidants.
- Significant anti-bacterial activity.
- Good for immune function and cardiovascular benefits.

Ingredients For Mushroom Manchurian

To The Batter

- 1 Packet of Mushroom
- 1/4 Cup of Maida
- 1/4 Cup of Corn Flour
- 1 Tbsp of Rice Flour
- 2 Tsp of Curd
- 1 Tsp of Ginger Garlic Paste
- 1 Tsp of Red Chily Powder

- Salt to Taste
- Oil to Fry

For the Manchurian

- 1 Tbsp of Oil
- 1 Big Red Onion, Finely Chopped
- 1 Tsp of Ginger Garlic Paste
- 2 Green Chilies, make into paste
- 1 Green Capsicum, Finely Chopped
- 2 Tsp of Soya Sauce
- 2 Tbsp of Tomato Ketchup
- 1/2 Tsp of Pepper Powder
- 1 Tsp of Corn Flour Mixed with 2 Tbsp of Water
- Salt To Taste
- Spring Onion (White Part and Green Part), Finely Chopped

Method For Mushroom Manchurian

- Wash the mushroom and slice them.
- In a Mixing bowl, add all the ingredients listed under ” To Batter”, mushroom and water. Marinate it for 15 mins.
- Deep fry them in a hot oil and keep it aside.
- Heat oil in a pan, add red onion, white part of spring onion, ginger garlic paste, green chilies fry them for a min until raw smell vanishes. Add capsicum, fry for a min, add soya sauce, tomato ketchup, pepper powder and required salt.
- Add cornflour mixture allow it to boil, transfer fried mushroom and toss well. Finally add green part of spring onion and give a quick stir.
- Serve hot immediately with fried rice.

Tips

- Adjust tomato ketchup, pepper, salt and soya sauce according to your taste.

- Spring onion gives a nice taste and flavor.
- You can add green chili sauce instead of adding green chillies, like I did.
- You can use any kind of mushroom to make this manchurian.
- Add salt accordingly as sauce has salt in it.
- Use vegetarian oyster sauce and ajinamoto for nice taste.
- You can also use red and yellow bell pepper in place of green capsicum.


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Mushroom Manchurian
Recipe

Soya Chunks Mushroom Curry | Meal Maker Kurma



It looks like non-vegetarian dish, right ? But it has a healthy meat replacement ingredients, Soya Chunks (Meal Maker) curry with mushroom. Both soya chunks and mushroom are rich in protein and very nutritious. Soya Chunks / Soy Nuggets curry is a flavorful and aromatic dish that goes well

with chapathi, biryani or pulao. I am not a big fan of soya chunks but my husband loves it. So I used to make this meal maker korma once a month for him. Soya chunks are soft and succulent after cooking and the spices added here makes the soya chunks tasty and yummy. Do try this yummy soya chunks mushroom curry recipe and am sure you will love this with chapathi , biryani or kuska. Here goes the recipe

Preparation Time : 15 mins
Cooking Time : 10 mins
Servings : 2 People

Ingredients

12 Soya Chunks(Big)
3 Mushroom, Sliced
1 Large Red Onion, Finely Chopped
1 Medium Size Tomato, Finely Chopped
1 Tbsp of Tomato Paste
Salt to Taste
Water as Needed

To Grind

1/4 Tsp of Fennel Seeds
1.5 Tbsp of Grated Coconut
2 Tsp of Sambar Powder
2 Garlic Cloves
1/2 Inch of Ginger

To Temper

2 Tsp of Oil
Medium Size Cinnamon Stick
1/4 Tsp of Fennel Seeds
Few Curry Leaves

To Garnish

Coriander Leaves

Method

- Cook the soya chunks in boiling water with salt for 10 mins. Drain the water and rinse it in cold water for two times, squeeze the excess of water and set it aside.
- In mixie, grind all the ingredients listed under “To Grind” to a fine paste along with little water.
- In a pressure cooker, heat oil, add cinnamon stick, fennel seeds, curry leaves, after it splutters, add onion, fry this for 2 mins until it turns golden brown, add ground paste, fry this until raw smell vanishes.
- Add tomato, saute this until it turns soft and mushy.
- Add soya chunks, mushroom, salt and water, saute this for 2 mins, cover and pressure cook it for 2 whistles.
- Finally garnish it with coriander leaves.
- Hot, fingerlicking kurma is ready to serve with biryani or chapathi.

Tips

- You can use other veggies like potato and cauliflower in place of mushroom.
- If you don’t have sambhar powder, you can use 2 tsp of coriander powder and 1 tsp of red chilly powder.
- Use 2 medium size tomatoes for this dish, since I don’t have extra tomato, I used tomato paste.
- If you want your curry to be thick, use less water before pressure cooking.
- You can also add lemon juice at the end, if you like it more tangy.

Health Benefits of Soya Chunks and Mushroom

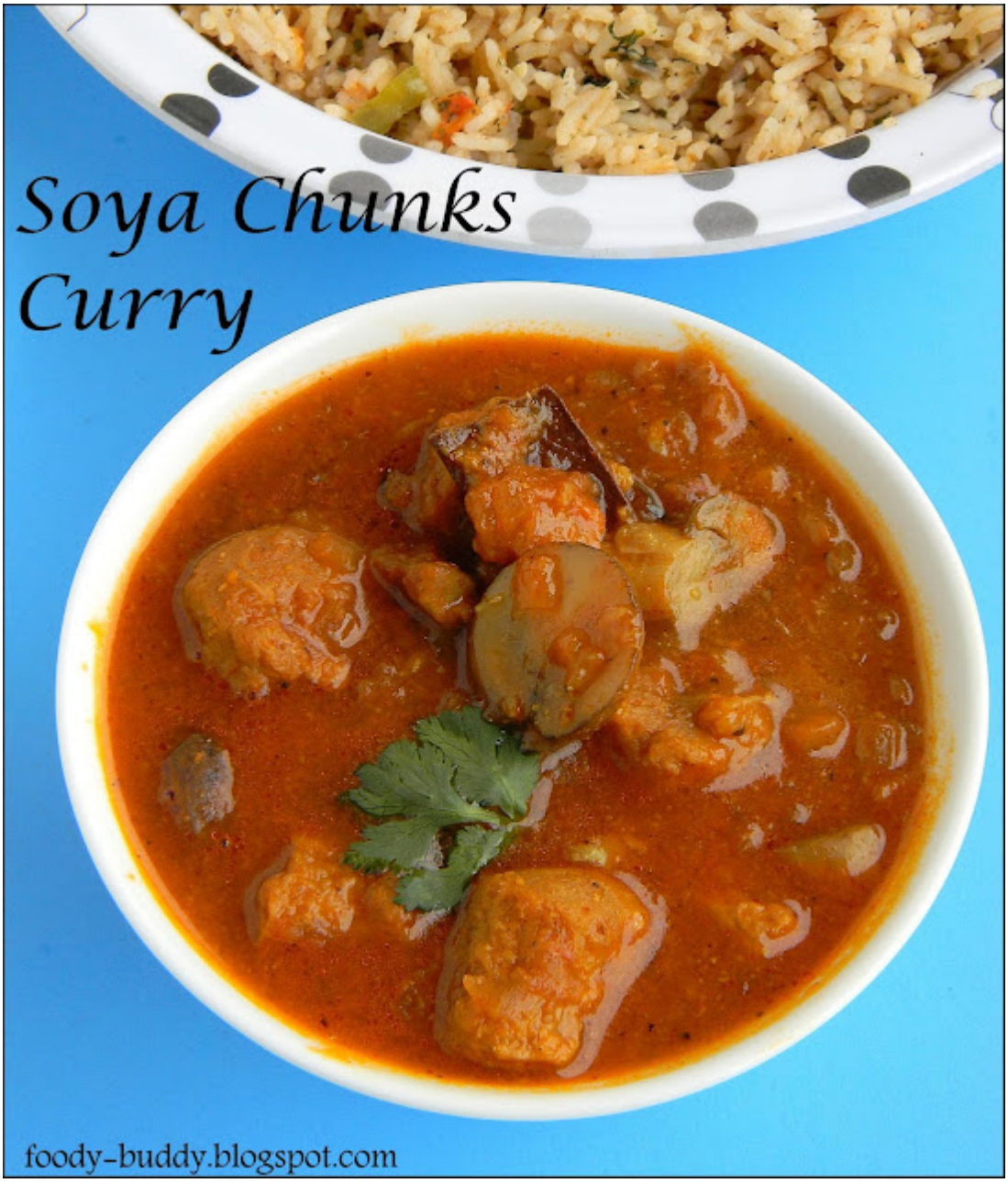
Soya chunks

- They are good source of protein, iron and calcium.
- It reduces the risk of osteoporosis in women.

- It controls the LDL cholesterol in body.

Mushroom

- Low in calories
- High in protein and fiber.
- Good source of iron, niacin, vitamin B, C and D and anti-oxidants.
- Significant anti-bacterial activity.
- Good for immune function and cardiovascular benefits.



Tags : meal maker recipe, meal maker korma, soya chunks curry,

soya chunks kurma, soya chunks korma, mushroom curry, soya chunks mushroom curry meal maker curry, meal maker indian style, soya chunks indian style, how to make meal maker kurma, how to make soya chunks kurma, side dish for khuska, side dish for chapathi and biryani

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Sarson Ka Saag / Mustard Greens curry



Leafy Mustard is indeed one of the most nutritious green leafy vegetable. Sarson Ka Saag / mustard greens curry is a popular and a healthy Punjabi dish. It has a unique flavor and taste of Mustard greens. sarson dish is traditionally topped with butter and sarson ka saag goes well with Makki Ki Roti

and also chapathi.



Ingredients

- 1 Bunch of Mustard Greens
- 1/2 Cup of Spinach
- 1 Boiled Potato
- 1 Chopped Onion
- 1 Tbsp of Finely Chopped Ginger
- 3 Garlic Cloves(Chopped)
- 1 Chopped Tomato
- 2 Green Chillies(Chopped)
- 1 Tsp of Chilly Powder
- 1/2 Tsp of Turmeric
- 1/2 Tsp of Garam Masala
- 1 Tbsp Fried Onions(optional)
- 1/2 Tsp of Sugar
- 1 Tbsp of Dried Methi Leaves(optional)
- 2-3 Tbsp of Oil
- Salt and Water as needed

Method





- Wash the greens thoroughly in water and Chop it roughly. Keep it aside.
- Boil and chop the potato and keep it aside.
- Heat a pan with 2 cups of water, bring it to rolling boil. Now add the greens and chopped ginger to the water, keep it uncovered for 5 mins, wait until leaves are tender.
- Now turn off the stove. Immediately, “shock” the blanched leaves in cold water and drain the excess of water.
- On the other side heat a pan with oil, add green chillies and garlic. Saute for few mins.
- Add onions and salt, saute for few mins until onions turns transparent.
- In a medium flame, add chilly powder, turmeric and garam masala. Saute for few secs.
- Add tomato puree or chopped tomato and little water. Fry for few mins. Keep it covered and cook for 3 mins until oil separates. Turn off the stove.
- Take a blender/mixie, add the greens, onion-tomato mixture and fried onions. Grind it coarsely.
- Heat a pan with little oil, add the ground puree, boiled and chopped potato, dried methi, little sugar, water and salt. Cook in medium flame for another 3-4 mins and switch off the stove.
- Hot Sarson Ka Saag is ready to serve.

Tips

- Serve hot with Makki Ki Roti
- Adding fried onions gives little sweetness to the dish.



Health Benefits of Sarson Ka Saag

- Storehouse of Phytonutrients.
- Rich in Vitamin A, K, antioxidants and folic acid.