

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 sautéed 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.

LEMON IDIYAPPAM/LEMON SEVAI – BREAKFAST RECIPE



Idiyappam is a culinary specialty from southern part of India. It is a steamed food and can be served for dinner or breakfast. It is made of rice, salt and water. I already made detailed post on [how to make Plain idiyappam](#). You can make recipes from idiyappam and this recipe is a savory version in which I used lemon juice and some seasonings. Try this recipe and enjoy....

Ingredients

2 Cups of Idiyappam
Juice of 1 Medium Sized Lemon
1/2 Tsp of Turmeric Powder
Salt to taste

To Temper

2 Tsp of Gingelly Oil
1 Tsp of Mustard
1 Tsp of Urad Dal
1 Tsp of Chenna Dal
2 Red Chillies
Pinch of Asafoetida
Few Curry Leaves

Method

- In a small bowl, add turmeric powder, lemon juice and salt to it. Mix well with a fork.
- Heat oil in a pan, add mustard seeds, when they splutter, add all the rest of the ingredients listed under " To Temper " Saute for a min until dal turns golden brown.
- In a medium flame, add the lemon juice mix, give a quick stir and add [plain idiyappam](#) and mix well. Turn off the stove.
- Serve hot with coconut chutney.



Tips

- **Use green chillies instead of red chillies for extra spiciness.**
- **Adjust salt and lemon juice according to your taste.**
- **Add nuts of your choice like peanuts, cashews etc**

Health Benefits of Steamed Lemon Idiyappam

- **Eating steamed food helps the body to keep fit and healthy.**
- **Steamed Idiyappam are advised for sick and older people, as it doesn't give strain to the stomach.**
- **Steamed Foods are easily digestible.**
- **Lemon juice rich in Vitamin C, it is also essential for**

maintaining a fully functional immune system, aiding digestion and fighting cancer.

- Lemon juice is well known for it's antioxidants and anti-cancer properties



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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



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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Feb 10 - Mar 10

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