

# 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 Chilly 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 ajinomoto for nice taste.
- You can also use red and yellow bell pepper in place of green capsicum.

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*Mushroom Manchurian*  
*Recipe*



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# Varagu Sadham / How To Cook Millets In Cooker

Millets are one of the oldest foods known to humans and possibly the first cereal grain to be used for domestic purposes. they are short term crop, give a quick yield even with less water. Varagu sadham / Varagu arisi sadham / kodo millet rice is very nutritious, good for vegetarian as it was high in fibre and protein. You can cook millets like ( kuthiravalli, samai, thenai), varagu) at home either in pressure cooker or in pan. Varagu are very easy to digest, so it is good for both kids and adults. Now days I substitute millets in place of rice and wheat to prevents diabetes, weight loss and other disease when used regularly. Most millets can be cooked like rice. You can make different millet recipe in place of rice such as idli, dosa, payasam/kheer. Millet flour can be used to make [rotis](#).

## **Kinds of millets available in markets.**

Barnyard Millet (Hindi: Jhangora; Tamil: Kuthiravaali; Telugu: Odalu)

Finger Millet (Hindi: Mandua; Tamil: Kelvargu; Telugu: Ragulu; Kannada: Ragi; Malayalam: Koovarugu)

Foxtail Millet (Hindi: Kangni; Tamil: Tenai; Telugu: Korra; Kannada: Navane; Malayalam: Thina)

Kodo Millet (Hindi: Kodra; Tamil: Varagu; Telugu: Arikelu; Kannada: Harka)

Little Millet (Hindi: Kutki; Tamil: Samai; Telugu: Sama; Kannada: Same; Malayalam: Chama)

Pearl Millet (Hindi: Bajra, Tamil: Kambu, Telugu: Gantilu, Kannada: Sajje)

Proso Millet (Hindi: Barri; Tamil: Panivaragu; Telugu:

Varigulu; Kannada: Baragu)

Sorghum (Hindi: Jowar; Tamil: Chola; Telugu: Jonna; Kannada: Jola; Malayalam: Cholum)

## **Health Benefits of Varagu Rice (Kodo Millets)**

- Digestion friendly.
- Gluten free, rich in vitamins and minerals.
- High in fiber and protein.
- Controls cholesterol and blood sugar.
- Act as a prebiotic feeding microflora in your inner ecosystem.
- Serotonin in the millet calms and soothes the mood.
- Hydrate your colon to keep your system regular and keep you from being constipated.



Kudo Millet

**Preparation Time : 10 mins**

**Cooking Time : 15 mins**

**Serves : 2- 3 People**

## **Ingredients for varagu rice**

- 1 Cup of Kodo Millet ( Varagu Rice )
- 3 Cups of Water



## Method

- Wash the millets. In the pressure cooker, add millet and water. Cook it for 3 whistles and turn off the heat.
- Serve it with [sambar](#) or [rasam](#) or [curd](#).
- Substitute millet in place of rice.

## Tips

- You can make idly or dosa or variety rice with millets.
- You can cook the millet either in pressure cooker or in pan.
- If you are cooking in pan, first add water to the pan, allow it to boil, after you see bubbles, add millet and cover it with a lid, let it cook for 15 mins. Turn off the flame. Do not open the pan for another 15 mins.
- Use 2.5 – 3 cups of water to 1 cup of varagu depending on your preference.



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# Matar paneer Recipe | Mutter Paneer | Paneer Peas Curry

Matar Paneer / Paneer Peas Curry is a delicious and yummy curry of peas and a soft chunky pieces of paneer (cottage cheese) cooked in a onion tomato sauce, flavoured with aromatic spices. This paneer peas masala goes well with chapathi, naan, phulka or pulao. Try this delectable, creamy matar paneer to chapathi as it bring North Indian flavour right to your home.



## **Ingredients**

- 1 Packet (200 gms) Paneer (Indian Cottage Cheese)
- 1 Cup of Green Peas, Boiled

- 2 Tsp of Coriander Powder
- 1 Tsp of Kashmiri Red Chilly Powder
- 1/2 Tsp of Garam Masala
- 1 Tsp of Kasuri Methi (Dried Fenugreek Leaves)
- 1/2 Cup of Milk (Full Fat)
- 2 Tbsp of Butter
- 3/4 Tsp of Cumin
- 3 Tbsp of Oil
- Salt To Taste

### **To Grind**

- 4 Medium Size Tomatoes
- 1 Large Onion
- 1 Clove
- 1 Cardamom
- 1 Cinnamon
- 5 Garlic Cloves
- 1/2 Inch Ginger
- 5 Cashews



### **Method**

- Toast the both sides of paneer by placing them in a oil coated dosa pan (Tawa) and keep it aside.
- Boil the peas in microwave or pressure cooker for 10



mins. Keep it aside.

- Heat oil in a pan, add clove, cardamom, cinnamon, onion, fry for 2 mins, add ginger, garlic, saute this for another 2 mins until raw smell vanishes, finally add tomatoes and cashews, saute this for 2 mins. Turn off the heat. Let it cool down and grind this in mixie into a smooth paste.
- Heat a pan with oil, add cumin (Jeera), after it sizzles, add ground paste and salt, fry this for 3-5 mins until oil separates.
- Now add coriander powder, kashmiri red chilly powder and garam masala, fry this for 2 mins. Add 1/2 cup of water and allow this to boil for 5 mins.
- Add boiled peas and kasuri methi, mix well with masala. Add milk and toasted paneer, cook it for 5 mins. Turn off the flame. Finally add butter and mix well.

**Yummy, thick and creamy Mutter Paneer is ready to serve with roti or chapathi or naan.**

### **Tips**

- You can add fresh panner or toasted paneer or deep fried paneer to this recipe.
- Use normal red chilly powder or green chilly instead of Kashmiri chilly powder..
- You can also make this dish without onion and garlic.
- To make this dish more creamy, add 1/2 cup cream instead of milk.

### **Health Benefits of Peas and Paneer**

- Paneer : good source of calcium, protein and it prevents stomach disorders.
- Peas : good for bones & heart, prevents constipation, strengthen the immune system



*Paneer Peas Curry*

