

# Vegetarian Pipa Tofu Recipe / Pi Pa Dou Fu



Pipa (pronounced as pee-par) or chinese lute is a Chinese wooden musical instrument. This is a Cantonese dish derives its name from the resemblance of tofu puffs.

It is a fantastic vegetarian chinese tofu dish. I wanted to try some vegetarian recipes in Chinese cuisine since my husband loves chinese food so I borrowed a Chinese cookbook from the library it is called [Every Grain of Rice](#) by Fushsia Dunlop. I recently tried this vegetarian pipa tofu recipe with little changes in ingredients, to my surprise it came out good

and tastes awesome.

The fried tofu was crispy on outside, but once you put them into a sauce, they turn soft and tastes yummy. Try this pipa tofu recipe at home, you will love it.

## Vegetarian pipa tofu recipe

Vegetarian Pipa Tofu Recipe / Pi Pa Dou Fu



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Prep time

20 mins

Cook time

20 mins

Total time

40 mins

Pipa Tofu is a Chinese vegetarian tofu recipe, it tastes great with white rice.

Author: Gayathri Ramanan

Recipe type: lunch

Cuisine: chinese

Serves: 2

Ingredients

- FOR THE TOFU PUFFS
- 1 Mushroom (Baby Bella) or any kind
- 170 gms of Plain White Tofu,
- $\frac{1}{2}$  Carrot, grated

- 1 Tsp of Garlic Powder
- $\frac{1}{2}$  Tsp of Red Chilly Flakes
- 1 Tbsp of Corn Starch
- 1 Tbsp of Rice Flour or potato flour
- Salt and Pepper to taste
- FOR THE SAUCE
- 2 Baby Bella Mushroom, Sliced
- 1 Tsp of Ginger, Finely Chopped
- $\frac{1}{2}$  Carrot, Sliced
- $\frac{1}{2}$  Green Capsicum, Sliced
- Few Broccoli Florets
- 1 Red Chilly
- 1 Tbsp of Tamari Soy Sauce
- $\frac{1}{2}$  Tsp of Dark Soy Sauce
- 1 Tsp of Rice Flour or Corn Flour mixed with 2 tbsp of water
- 1 tsp of Sesame Oil
- Salt and Pepper to taste

## Instructions

1. Chop the mushroom and slice the other two mushroom. Grate the carrot.
2. Add tofu to a food processor. Transfer it to a bowl, add mushroom, carrot, salt, pepper
3. garlic powder, red chilly flakes, rice flour, corn starch. Mix everything well.
4. Heat a pan with oil, just scooped the tofu mixture up with a spoon and slide into a hot oil, leave it for couple minutes, cook both sides until golden.
5. Remove from oil with a slotted spoon and drain it on a paper towel.
6. Heat a pan with oil, add ginger, red chilli, fry it for a sec.
7. Add carrot, capsicum, broccoli and mushroom. Add salt and pepper, stir fry it until it turns soft.
8. Add some water, bring it to a boil.
9. Add dark soy sauce, tamari soy sauce, stir it well .

10. Add the puffs and simmer it for a minute.
11. Add rice flour mixture, give a quick stir, it will thicken in few minutes.
12. Add chopped spring onion if you wish, stir it and turn it off. Mix some sesame oil and serve with white rice

#### Notes

If you don't, have rice flour use a different thickening agent like potato flour or corn flour.

The recipe calls for dried shitake mushroom, but I used fresh baby bella mushroom.

You can use any vegetables of your choice.





# KOOTANCHORU RECIPE / KADAMBA SADAM (TIRUNELVELI SPECIAL)



KOOTANCHORU RECIPE is a healthy and authentic one pot dish, very popular in Tirunelveli which is located in southern part of India. Kootanchoru is very nutritious rice and a flavorful mix of all veggies, rice, dal and spices. It is also referred to as " kadamba sadham". Though it looks like [sambar sadham](#) and [bisibelabath](#), the procedure and the taste are entirely different. This Tirunelveli special kootanchoru is my mother in law signature dish. She always used to make this kootanchoru for Ammavasai (ie. new moon day) every month. She makes it very tasty with awesome flavors, having it with

raitha and pickle it will be more delicious. Try this south Indian traditional dish for weekend lunch, you will love it.

## KOOTANCHORU RECIPE

KOOTANCHORU RECIPE / KADAMBA SADAM (TIRUNELVELI SPECIAL RECIPE)



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Prep time

30 mins

Cook time

45 mins

Total time

1 hour 15 mins

KOOTANCHORU RECIPE / kadamba sadham is a healthy and authentic one pot meal, very popular in Tirunelveli . It goes well with papad, pickle and raitha.

Author: Gayathri Ramanan

Recipe type: lunch

Cuisine: Indian

Serves: 3

Ingredients

- 1 red onion, finely chopped
- 2 green chilly
- 1 big carrot, chopped
- $\frac{1}{4}$  cup of beans, chopped

- 1 yellow potato, chopped
- 1 small plantain, chopped
- 4 drumstick pieces
- 4 brinjal, chopped
- $\frac{1}{2}$  tsp of turmeric powder
- 1 tsp of red chilly powder
- $\frac{3}{4}$  cup of rice
- Small lemon size tamarind
- 2 tbsp of coconut
- 2 tsp of oil
- 1 tsp of ghee (clarified butter)
- Salt to taste
- Water as needed
- Few coriander leaves, chopped
- To pressure cook
- $\frac{1}{3}$  cup of toor dal
- Pinch of turmeric powder
- Pinch of asafoetida
- $\frac{1}{2}$  tsp of oil
- 1.5 cups of water
- To temper
- 1 tsp of oil
- 1 tsp of ghee (clarified butter)
- 1 red chilly
- 1 tsp of mustard seeds
- $\frac{1}{2}$  tsp of urad dal
- Few curry leaves
- 5 small onions

## Instructions

1. Wash and chop the onion, green chilly and all the veggies. Keep the raw banana and brinjal immersed in water.
2. Soak the dal in water for 20 mins.
3. Soak the tamarind in warm water for 15 mins and extract the juice. Keep it aside.
4. In a pressure cooker, add dal, turmeric powder,

asafoetida, salt, oil and water.

5. cook it for 3 whistles and keep it aside.
6. Heat a wok or big cooking pan, add oil and ghee. When it is hot, add onion, green chilly fry it until it turns golden brown colour.
7. Add all the veggies and salt, fry it for few secs. Cover and cook it for 15-20 mins until all the veggies turns soft. Keep stirring whenever necessary.
8. Add turmeric powder, red chilly powder, fry this for a min.
9. Add dal, tamarind water, rice and enough water about 2 cups. Mix everything well. Cover and cook till the rice gets cooked.
10. After it is done, add coconut and mix it well. Rice looks mushy but its consistency will get adjusted after it cools down.
11. Meanwhile heat another pan with oil and ghee, add all the tempering ingredients as mentioned in the ingredients list. After it pops up, transfer this to the rice.
12. Hot and yummy one pot kottanchoru is ready to serve.

## Notes

You can add any vegetables of your choice.

Be careful with the amount of water you add to cook the rice and dal as excess water will make the dish very mushy.

If you have raw mango, add that too and reduce the amount of tamarind juice since both are sour in taste.

Adding a handful of greens gives a nice taste.

If your rice turns too sour, add little more chilli powder and cook it for some more time.

Serve it with vadai, pickle, raitha and papad or vadagam or mormilagai





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## [Baked Falafel Recipe / Vegan Oil Free Falafel](#)



Baked Falafel Recipe / Vegan Oil Free Falafel is a middle eastern food, usually served in a pita bread. 4 years back I remember, it was raining that evening, my husband took me to this fine middle eastern restaurant called **Pita +** in St.Louis (US) to introduce falafel to me. They served hot falafel in pita bread when I bit it, it tasted exactly like [paruppu vadai](#) (masala vadai) which is a famous deep fried snack in South India. Usually to make falafel, you need chickpeas, spices and for binding the flour added, finally it was deep fried.. Since I want to make in a healthier way, I baked the falafel in oven it tasted just like deep fried falafel. Try this baked version of vegan, gluten free and oil free falafel recipe, you will love it.

# Baked Falafel Recipe / Vegan Oil Free Falafel

baked falafel



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Prep time

15 mins

Cook time

20 mins

Total time

35 mins

Baked falafel recipe / Vegan gluten free oil free falafel is a healthy middle eastern vegetarian recipe, served in pita bread, or in wraps or burger.

Author: Gayathri Ramanan

Recipe type: snacks

Cuisine: Middle Eastern

Serves: 8

Ingredients

- 400 gms of chickpeas, Cooked
- 1 large sweet potato
- 2 garlic cloves
- $\frac{1}{2}$  onion
- $\frac{1}{2}$  tsp of baking powder

- 1 tbsp of ground flax seeds
- 1 tsp of black pepper powder
- 1 tsp of red chilli flakes
- 1 tsp of cumin powder
- 1 tsp of coriander powder
- 1 Tsp of lemon juice
- Few cilantro leaves, chopped
- 1 tbsp of extra virgin olive oil
- 2 Tbsp of chickpeas flour
- Salt to taste

## Instructions

1. Boil the sweet potato in a large vessel with water, cook till soft.
2. Peel the skin of the sweet potato and set aside.
3. Peel the onions and garlic cloves, chop them into pieces.
4. Preheat the oven to 350 F.
5. In a non-stick pan, add oil, chopped onions, garlic , fry it for few mins by stirring occasionally and keep it aside.
6. Add the chickpeas and boiled sweet potato to the blender (mixie) grind them coarsely. Add in the cilantro to it. Repeat until all the chickpeas are broken up.
7. Transfer everything to a bowl.
8. Add the lemon juice, red chilli flakes, black pepper powder, ground flax seed, cumin powder, coriander powder, salt, baking powder, the sauted onions and garlic. Mix well everything. If the dough stick together, add chickpea flour and water if needed.
9. Form a equally sized balls and flatten it with your palms. Place the falafel on a baking tray and put them in the oven for about 20 minutes or until they turn golden.
10. Enjoy them on a salad, in wraps, pita breads or in burger.



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Baked Falafel