



# *Malai Kofta*

## MAIN MEALS

### Part 1: Preparing the Koftas (Vegan dumplings)

Makes 10-12 Koftas

#### Ingredients:

- Cauliflower: 1 large Firm
- Tofu: 250gm/8.8oz
- Button mushrooms: 8-10
- Spring onion/Scallion: 1
- Coriander/Cilantro: 1 small bunch (stems and leaves)
- Garlic powder: 2 tsp
- Onion powder: 2.5 tsp
- Salt to taste
- Pepper to taste

Second part of the process: (do NOT add to the first stage of the cooking process only add once the cooked ingredients have cooled)

- Rice flour:  $\frac{2}{3}$  cup
- Baking powder: 2 tsp

#### Method:

Chop/grate cauliflower into small pieces (the size you would use for cauliflower rice - refer to recipe video) and add to a mixing bowl. Chop your mushrooms into half an inch thick pieces, add to cauliflower. Crumble in your tofu. Add finely sliced spring onion/scallion and coriander/cilantro. Add garlic powder, onion powder and salt to taste. Place your non-stick pan on medium heat and add these ingredients in, cook for 15 minutes or until cauliflower is completely soft. We now want to remove any excess liquid from the mix, if you press the mix against the wall of your pan you'll see that it has retained a fair amount of liquid, you will need to cook for a further 7 minutes so the mix becomes more dense. Having a firm mix is key when we are forming the balls/koftas, if the water content is too high then the koftas won't keep their shape.

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Once the water content of the mix is reduced, place in a bowl and allow to cool.

Once cool to touch, add your rice flour and baking powder - mix well until these ingredients are incorporated into the cooked vegetables.

Then use your hands to form the Koftas (dip your hands in warm water to assist in creating a round shape)

The koftas are roughly 1.5 x the size of golf balls. Place in a steamer and steam for 30 minutes. Allow the koftas to cool before placing them in the sauce.

#### Part 1: Tomato-based sauce

- Chopped tomatoes: 1 can (400gm/14oz)
- Chickpeas: 1 can (400gm/14oz)
- Onion: 1
- Cumin powder: 1 tsp
- Coriander powder: 2 tsp
- Garlic: 4-5 cloves
- Curry leaves: 6-8
- Mustard seeds: 1 tsp
- Tomato paste: 1.5 tbs
- Jaggery: 3-4 tbs (depends on preferred sweetness)
- Water: 3 cups
- Salt to taste
- Frozen corn: 1.5 cups

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## Method:

Add your mustard seeds to a hot non-stick pan. Once the seeds start popping, add your curry leaves. Cover with a lid and cook for 10 seconds and then add your onions, cook until golden brown, then deglaze the pan with a splash of water.

Add your chopped tomatoes, garlic, jaggery, coriander powder, cumin powder, tomato paste, chickpeas and 2 cups of water, close the lid and cook for 10 minutes.

After 10 minutes of cooking use a sieve-like spoon to scoop out the solids, place all the solids into a blender with  $\frac{1}{2}$  cup water, blend until smooth.

Add this mix back to the pan with the remaining liquid from the sauce. Add salt to taste and mix thoroughly.

Corn cream(to enrichen sauce): Boil corn for 2-5 minutes, drain - place in a blender with  $\frac{1}{2}$  cup water and blend until smooth. Add corn cream to sauce and stir to combine.

Add cooked koftas to the sauce and simmer for 7-10 minutes. Garnish with fresh coriander/cilantro and serve with steamed basmati rice.

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