

Recipe

Stuffed Lettuce Soup

By

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Ingredients

- 1 green lettuce
- 8 C water + 2 tsp salt
- 1 Tbsp oil
- ½ Tsp yellow asafetida
- 1 C mashed paneer
- ½ C shredded carrots
- ½ C finely chopped bell pepper
- 1 Tbsp dried parsley
- 2 Tbsp fresh coriander leaves
- 1½ Tbsp yogurt
- 1 Tsp salt

Preparation

1. In a large pot, bring to boil water and salt. Wash thoroughly the lettuce leaves and drop 2-3 leaves in the boiling salted water for 20 seconds or until it begins to wilt. Remove from water and lay them flat. Gently squeeze the water from the leaves making sure not to tear them. Repeat the same for the remaining leaves.
2. Heat oil in a pan. Add asafetida, paneer, carrots and bell pepper, Stir fry until well mixed. Add parsley, coriander leaves, yogurt and salt. Cook for 1-2 more minutes. Remove from heat and allow to cool.
3. Take 2-inch size ball of filling prepared and place on lettuce leaf. Roll the leaf gently ensuring that no filling comes out. When all the lettuce rolls are ready, place them tightly in a single layer in the bottom of a soup pan. Pour just enough water/stock to cover the surface. Cover with a lid and cook on low heat for 25 minutes. Serve hot.

Serves

4

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Hare Rama Hare Rama Rama Rama Hare Hare**