

Recipe

Banana Kofta Curry

By

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Ingredients

- Bananas - 6 raw
- Coriander leaves -2-cups
- Turmeric powder - 1-2-tbsp.
- Garam masala - ½ tbsp
- Green chili paste -3 tbsp
- Corn flour - 3 tbsp
- Salt - As per taste
- Boil banana in pressure cooker. Peel out the skin and mash them. Mix turmeric powder, garam masala, green chili paste, salt and corn flour. Make 20-22 equal balls.
- For the Filling:
- Cheese - 100 grams

- Nutmeg powder - ¼ tsp
- Almond's powder -7-8
- Cardamom powder - 3-4

Preparation

1. Mix cheese, nutmeg powder, almond powder and cardamom powder.
2. Make small balls for the filling.
3. Press a banana ball in the palms and fill it with ball
4. Round it up and then flatten.
5. Deep-fry the round balls in oil.
6. These are called koftas.

For the Ground masala:

1. Grated coconut - 1-cup
2. Peanuts - 50 grams
3. Coriander leaves - 1-cup
4. Green chilies4-5
5. Sugar - 2-tbsp.
6. Cumin seeds - 2-tsp.
7. Lemon juice
8. Salt - As per taste

Roast peanuts and cumin seeds and grind all other ingredients to paste.

For The Curry:

- Dry peas - 500 grams
- Cumin seeds - 1-tsp.
- Soda -1 pinch
- Butter- 1-tbsp.
- salt - as per taste
- Tomato pulp - ½ cup
- Cook the peas by adding a pinch of soda along with the water.
- Grind it in the mixer.
- Melt butter in a pot.
- Add cumin seeds.
- Pour tomato pulp.
- Mix crushed peas, salt and boil.
- Add grounded paste.
- Cook for 5 more minutes and add more water if needed.
- Just a few minutes before serving add the koftas. Serve warm.

Serves

2 Persons.

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