

Cauliflower Balls in Tomato-Soy Sauce (Manchurian)

by Anand Lila devi dasi



*"Krishna is very kind.
Therefore, He has given us
his remnants of food stuff"*

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Ingredients

For the balls

Cauliflower, finely grated..... 1 small
Ginger, grated..... 1 Tbsp
Green chili, chopped..... 1
Soy sauce..... 1 Tbsp
Salt..... 3/4 Tsp
Cornflour/cornstarch..... 1/2 C
Oil for deep frying

For the Sauce

Oil..... 2 Tbsp
Asafetida powder..... 1 Tsp
Ginger, grated..... 1 1/2 Tbsp
Green chilies, chopped..... 2
Tomato puree..... 1 1/2 C
Soy sauce..... 1 Tbsp
Water..... 1/2 C
Salt..... 1 Tsp
Cornflour/cornstarch..... 1 Tsp
Chopped fresh..... 2 Tbsp
coriander leaves.....

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Preparation :

To make the balls

1) Squeeze out the excess water from the grated cauliflower. In a mixing bowl, combine all the ingredients for the balls. If the mixture seems to be loose to make balls then add some more of the cornflour . Adjust the quantity of the cornflour accordingly. Form the mixture into 1-inch smooth balls.

2) Heat oil in a frying pan over moderately high heat. Deep fry the cauliflower balls working 5-6 at a time until golden brown. Drain on paper towels.

To make the sauce

1) Heat oil in a saucepan over moderate heat; add asafetida, ginger and green chilies and sauté for a while. Add the tomato puree, soy sauce, water and the salt. Bring to a boil and reduce the heat to low. Cook partially covered for 20-25 minutes or until the sauce slightly thickens.

2) Dissolve 1 Tsp of cornflour in 2 Tsp of cold water and add to the simmering sauce. Cook uncovered for 2 more minutes.

3) Add the cauliflower balls and garnish with chopped coriander leaves. Serve hot with fried rice.

Serves: Five-Six