

Recipe

Mixed Vegetable Manchurian

By

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Ingredients

- Cabbage - 1 medium sized
- Carrot - 1 medium sized
- French beans - 8-10
- Capsicum - 1 medium sized
- Salt - To taste
- Refined flour (maida) - ¼ cup
- Oil - to deep-fry

For Sauce

1. Green chilies - 3
2. Ginger - 1 inch piece
3. Celery - 2 inch stalk

4. Cornstarch - 3 tbsp
5. Oil - 2 tbsp
6. Soya sauce - 2 tbsp
7. Sugar - 1 tsp
8. Ajinomoto - ½ tsp
9. Salt - To taste
10. Vegetable stock - 2 ½ cups
11. Vinegar - 1 tbsp

Preparation

1. Trim, wash and grate cabbage. Peel, wash and grate carrot.
2. String French beans, wash and finely chop.
3. Reserve chopped greens for garnish.
4. Wash, halve, deseed and finely chop capsicum

For sauce

1. Remove stems, wash and finely chop green chilies.
2. Peel, wash and finely chop ginger.
3. Trim, wash and finely chop celery.
4. Blend three tablespoons of cornstarch in one cup of water.
5. Mix grated cabbage, carrot and chopped French beans in a bowl and thoroughly rub in one teaspoon of salt.
6. Add capsicum, refined flour and one-fourth cup of cornstarch.
7. Mix thoroughly. Shape into lemon sized balls.
8. Heat sufficient oil in a pan and deep-fry vegetable balls in small batches for three to four minutes on medium heat or until golden brown.
9. Drain and remove onto an absorbent paper.
10. Heat two tablespoons of oil in a pan and stir-fry ginger briefly.
11. Add celery, green chilies and stir-fry briefly.
12. Add soya sauce, sugar, ajinomoto and salt to taste.
13. Stir in vegetable stock and bring to a boil.
14. Stir in blended cornstarch and cook for a couple of minutes or till sauce starts to thicken, stirring continuously.
15. Add fried vegetable balls, vinegar and mix well. Serve hot.

Serves

4 Persons

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Hare Rama Hare Rama Rama Rama Hare Hare