

Malai Kofta

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 Koftas

Crumbled paneer.....2 C
Boiled, peeled and mashed potatoes.....1 C
Ginger, minced.....1 Tbsp
Green chili, chopped.....1
Red chili powder..... $\frac{1}{4}$ Tsp
Salt.....1 Tsp
Raisins..... $\frac{1}{4}$ C
Ghee/oil for deep frying

For the Sauce

Tomatoes.....4
Cashews.....2 Tbsp
Ginger, minced.....1 Tbsp
Green chilies.....2
Ghee/oil.....2 Tbsp
Whole cloves.....5
Green cardamoms, bruised.....3
Tomato puree.....2 Tbsp
Salt.....1 Tsp
Turmeric powder..... $\frac{1}{2}$ Tsp
Water.....1 C
Dried fenugreek leaves
(kasuri methi).....1 Tsp
Fresh cream..... $\frac{1}{3}$ C

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Preparation:

To make the kofta balls

- 1) Combine the ingredients for the koftas except the raisins and process until smooth. Form the mixture into 1-inch balls, flatten, and stuff each of them with a raisin in the center. Carefully gather the mixture to seal the raisin, so that it doesn't fall apart while frying. Roll into smooth balls.
- 2) Heat ghee/oil in a wide pan over moderate heat and when the temperature reaches 180 C/ 350 F, slip gently 5-6 balls per batch. Deep fry the balls until golden brown in color. Drain on paper towels.

To make the sauce

- 1) Process the tomatoes, cashews, ginger and green chilies to a smooth paste using a blender.
- 2) Heat ghee/oil in a saucepan over moderate heat; add the cloves and cardamom. Saute the spices for a while. Add the tomato-cashew paste, tomato puree, salt and turmeric powder. Reduce the heat to low and fry until ghee/oil oozes out from the spice puree. Add water and boil for 5 minutes. Add fenugreek leaves and stir in the cream, gently heat the sauce on very low heat for 5 minutes and add the kofta balls. Serve the koftas just after 20 minutes of soaking in the sauce.

Serves: Five to Six

For further details please contact : anandliladd@gmail.com

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