

CABBAGE KOFTA

Serving 4

INGREDIENTS:

For Kofta dumplings:

500 g cabbage
1 tsp cumin powder
1 tsp coriander powder
1 tsp chat masala
2 tsp shredded ginger
2 tbsp chopped coriander leaves
2 tsp cumin seed
1 tsp green cardamom powder
salt to taste
1 chopped green chili
6-8 tbsp gram flour (according to requirement)
Oil to fry

For the gravy:

2 medium onion
2 tbsp cashew nut
3 medium tomato
2 tbsp ginger garlic paste
Pinch Asafatida
1/2 tsp turmeric powder
1 tsp garam masala powder
1 tbsp Coriander powder
1 tsp kashmiri red chili
salt to taste
1 tsp sugar
2 tbsp finely chopped coriander leaves
1 tsp cumin seed
1 inch cinnamon stick
5 cloves
5 green cardamom
1 bay leaf
1 tsp cumin powder
2 tbsp sunflower oil

PREPARATIONS:

Preparing the cabbage koftas:

- 1. In a mixing bowl, take the finely chopped cabbage, and all the ingredients under Kofta, except oil for frying and the gram flour. Mix well all the ingredients.*
- 2. The kofta mixture will become moist as the cabbage would release its juices.*
- 3. Add gram flour slowly and mix well.*
- 4. Bring the mixture to a consistency so that we can make small balls. Additional water is not required.*
- 5. Heat oil for deep frying the cabbage koftas in a frying pan.*

6. *Drop the mixture in the shape of a ball in the oil and fry the koftas till crisp and golden in medium hot oil.*
7. *Keep the cabbage koftas aside.*

Preparing the curry/sauce/gravy:

1. *In a casserole boil water and add cashew nuts. After few minutes add the chopped onions and boil it till the onion becomes translucent. Keep aside and cool it. Then add it in blender and make a paste.*
2. *Separately blend the tomatoes.*
3. *In the same frying pan, remove the excess oil that we had used for frying the kofta and keep about 2 tbsp oil.*
4. *Or you can just use fresh 2 tbsp oil or butter.*
5. *First add the bay leaf, green cardamoms, cinnamon, cloves and cumin seed. Fry the whole spices till fragrant about 10-15 seconds. Add pinch of asafoetida. Add the sugar and allow it to caramelize.*
6. *Add the blended tomatoes and fry it till it becomes half the volume.*
7. *Add the blended onion and cashew mix. Saute it and cook well till oil leaves. Add the ginger-garlic paste and saute it well.*
8. *In a bowl mix the dry ingredients - turmeric powder, Kashmiri red chili powder, coriander powder, cumin powder, garam masala powder with water to make a paste. Add the mixture and cook till oil leaves. Add the salt now.*
9. *Add warm water as required to make the thick gravy.*
10. *Bring it to boil & simmer the mixture till it thickens a bit and reaches a medium gravy consistency.*
11. *Once the curry is cooked well add the koftas.*
12. *Add the chopped coriander leaves.*
13. *Serve hot.*
14. *Cabbage kofta curry goes best with rotis, naan and steamed rice or jeera rice.*
15. *The cabbage koftas will be served with jeera rice.*