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GOBHI MANCHURIAN

Looking for an easy appetizer or pairing dish? Go for Gobhi Manchurian. Gobhi Manchurian is a popular **Indo-Chinese** dish found in most Indian restaurants. This is one of my favorite Gobhi recipes. This recipe is super easy which even kids would love to cook and eat.



Figure 1: Gobhi Manchurian

Know More About Gobhi

Gobhi is the Hindi name for cauliflower, and it is one of the varieties in the species 'Brassica oleracea' which comes in the genus 'Brassica' and 'Brassicaceae' family.

Gobhi is a super healthy vegetable, full of vitamins, minerals, and fiber. The health benefits of including gobhi in our diet are immense. It can be eaten raw, steamed, or sautéed. These days **cauliflower (Gobhi) flour** is very popular in **gluten-free diets**.

Preparation Time: 20 minutes, Cooking Time: 30 minutes, Servings: 4

This recipe has two parts; one is gobhi pakoras/fritters and the second, is gravy/sauce. Let us look at the ingredients we will need for making it.

Ingredients for Gobhi Pakoras/Fritters (Refer Figure 2)

- Gobhi (Cut into medium size florets) - 1 large head
- Corn Flour - $\frac{1}{4}$ cup
- All Purpose Flour - $\frac{3}{4}$ cup
- Cayenne/Chili Powder - 1 tsp or as per taste
- Salt-as per taste
- Black Pepper Powder - $\frac{1}{4}$ tsp or as per taste
- Oil to fry - 1 and $\frac{1}{2}$ cup or as needed



Figure 2: Ingredients for Pakoras/Fritters

Ingredients for Gravy/Sauce (Refer Figure 3)

- Garlic (grind to paste) - 4 cloves
- Ginger (finely chopped into small cubes) - 1 inch long
- Green Chill (finely chopped) - 2
- Red Onion (finely Chopped) - 1 medium sized
- Green Bell Pepper (cut into 1-inch squares) - 1
- Dark Soy Sauce - 1 $\frac{1}{2}$ tbsp
- Sezwaan Sause - 3-4 tbsp
- Rice Vinegar or White Vinegar - 1 tbsp
- Cayenne/Chili Powder - 1 tbsp
- Black Pepper Powder - $\frac{1}{4}$ tsp or as per taste
- Water - $\frac{1}{4}$ cup or as per taste for desired consistency
- Chives (finely chopped) - for garnishing (optional)

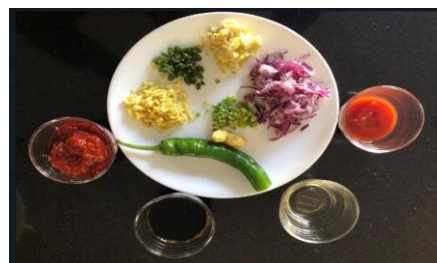


Figure 3: Ingredients for Gravy/Sauce

Preparations

Get all the ingredients ready for the recipe. Clean the vegetables and finish all the chopping as mentioned in the ingredients section.

Cooking Instructions

1. Cook the florets in microwave for 3 minutes. (Refer Figure 4)

Note: Alternative to microwaving is to blanch gobhi florets with boiling water and ice water method. (Refer Variations)



Figure 4: Microwaving Cauliflower

2. In a bowl mix corn flour, all-purpose flour, cayenne/chili powder, salt, and pepper. (Refer Figure 5)



Figure 5: Making Batter for Pakoras

Assignment Number: 2

Assignment Name: Concept and Procedure Writing (Recipe)

3. Add water until the consistency is like a pancake batter. It should not be too watery or too thick. (Refer Figure 6)



Figure 6: Batter Consistency

4. Toss and coat gobhi florets into batter nicely. (Refer Figure 7-8)



Figure 7: Adding Florets into Batter



Figure 8: Gobhi Florets in Batter

5. Put blanched florets dipped in batter on a baking sheet and bake these florets in the oven.



Figure 9: Baking Florets in Oven

6. Bake at 450 °F for about 25 minutes or till they are light golden brown in color. (Refer Figure 9)
7. Transfer onto a kitchen towel to drain excess oil and let them cool.

Pakorras are ready. Keep these pakoras aside. Now let us make Gravy!

To make Gravy/Sauce

1. Heat 2-3 tablespoons of oil in a skillet over medium heat. (Refer Figure 10)



Figure 10: Oil for Making Gravy

Assignment Number: 2

Assignment Name: Concept and Procedure Writing (Recipe)

2. Add finely chopped ginger and garlic paste and cook until fragrant.
3. After a couple of minutes add chopped onion to this and cook for another 2-3 minutes.
4. Add chopped bell pepper. (Refer Figure 11)



Figure 11: Sautéing for Gravy

5. Add the remaining sauce ingredients dark soy sauce, sezwaan sauce, tomato ketchup, rice vinegar/white vinegar, cayenne pepper/chili powder, black pepper, and water.
6. Keep stirring until reduced to the desired thickness of gravy.
7. Add black pepper powder and salt to taste.
8. Add cauliflower to the gravy and cook for 2-3 minutes.



Figure 12: Add Baked Florets to Gravy

9. Garnish it with freshly chopped chives.



Figure 13: Garnish with Chives

Your spicy dish is ready which is sure to leave your family wanting more!



Figure 14: Ready to Serve

Nutritional Facts

Nutritional Values of **one serving**: **Total Calories**-382

Fat-19 grams, **Carbohydrate**-48 grams, **Protein**-8 grams

Serving tip

Dry Gobhi Manchurian can be served as pakoras/fritters or with gravy and rice or noodles.

Variations

Replacing Ingredients

Chickpea flour or all-purpose flour can be replaced by corn flour.

Blanching in Boiling Water

1. You put aside one bowl of ice water.
2. In a separate pot boil water and add gobhi florets into boiling water for 1-2 minutes.
3. Now transfer these gobhi florets to the ice-cold water to cool down and stop cooking. Drain out all the water.

Frying Pakoras/Fritters

To fry the gobhi florets to make pakoras/fritters.

1. Heat the oil in a pan on medium to high heat.
2. Fry gobhi florets coated with batter in oil until light golden-brown in color.

Spelling and Grammar Check

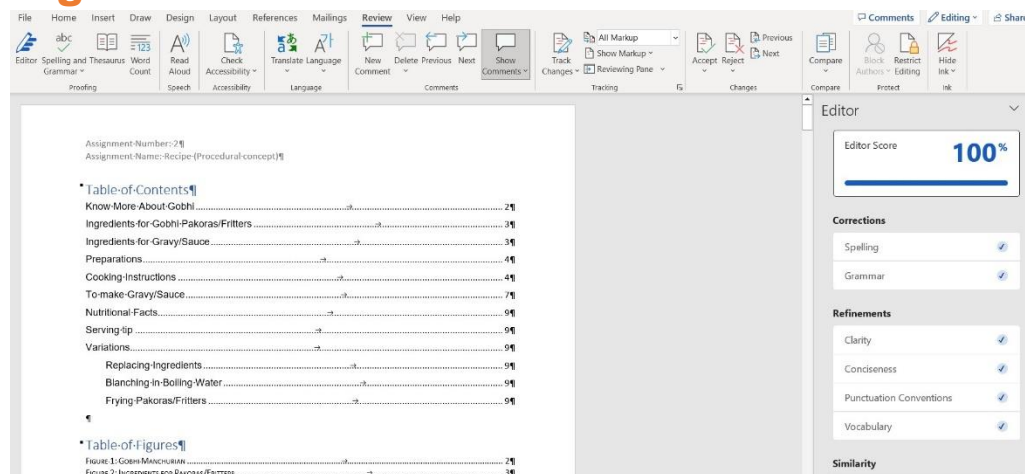


Figure 15: Spelling and Grammar Check