Ingredients for Mixed Vegetable Manchurian Recipe

* Cabbage grated 1 medium
* Carrot grated 1 medium
* French beans finely chopped 8-10
* Spring onions with greens finely chopped 3 medium
* Green capsicum finely chopped 1 medium
* Salt to taste
* Refined flour (maida) 1/4 cup
* Cornflour/ corn starch 1/4 cup
* Oil to deep fry
* Sauce
* Oil 2 tablespoons
* Ginger finely chopped 4-6 cloves
* Celery finely chopped 2 inch stick
* Green chillies finely chopped 3
* Soy sauce 2 tablespoons
* Sugar 1 teaspoon
* MSG 1/4 teaspoon
* Salt to taste
* Vegetable stock 2 1/2 cups
* Cornflour/ corn starch 3 tablespoon
* Vinegar 1 tablespoon

Method

Step 1

Mix three tablespoons of cornflour in one cup of water. Reserve spring onion greens for garnish. Mix cabbage, carrot and French beans in a bowl and thoroughly rub in one teaspoon of salt.

Step 2

Add spring onion, capsicum, refined flour and one-fourth cup of cornflour. Mix thoroughly. Shape into lemon sized balls.

Step 3

Heat sufficient oil in a wok and deep-fry vegetable balls in small batches for three to four minutes on medium heat or until golden brown. Drain on absorbent paper.

Step 4

Heat two tablespoons of oil in a wok or a pan and stir fry the ginger and garlic half a minute. Add the celery, green chillies and stir-fry for half a minute more.

Step 5

Add soy sauce, sugar, MSG and salt. Stir in vegetable stock and bring to a boil. Stir in cornflour mixture and cook for a couple of minutes or until the sauce starts to thicken, stirring continuously.

Step 6

Add the fried vegetable balls, vinegar and mix well. Serve hot, garnished with the reserved spring onion greens