

Vegetarian Kofta Curry

Ingredients:

For Koftas:

- 1 cup grated carrots
- 1 cup finely chopped cabbage
- 1 cup mashed boiled potatoes
- ½ cup boiled green peas (lightly mashed)
- 2 tablespoons fresh coriander leaves (finely chopped)
- 1 teaspoon ginger-garlic paste
- 1-2 green chilies (finely chopped)
- ½ teaspoon cumin powder
- ½ teaspoon garam masala
- ½ teaspoon red chili powder
- Salt to taste
- ¼ cup gram flour (besan)
- 2 tablespoons cornflour
- Oil for frying

For Gravy:

- 2 tablespoons oil
- 1 bay leaf
- 1-inch cinnamon stick
- 2 green cardamoms
- 2 cloves
- 1 medium onion (finely chopped)
- 1 teaspoon ginger-garlic paste
- 2 medium tomatoes (pureed)
- ¼ teaspoon turmeric powder
- ½ teaspoon red chili powder
- 1 teaspoon coriander powder
- ½ teaspoon cumin powder

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- ¼ cup cashew paste (blend 10 soaked cashews)
- ¼ cup fresh cream or thick whisked yogurt
- Salt to taste
- Water as needed
- 1 teaspoon kasuri methi (crushed)
- Fresh coriander leaves (for garnish)

Instructions:

Preparing the Koftas:

1. In a large bowl, add grated carrots, chopped cabbage, mashed potatoes, and lightly mashed green peas.
2. Add chopped coriander leaves, ginger-garlic paste, green chilies, cumin powder, garam masala, red chili powder, and salt.
3. Mix gently but thoroughly. Add gram flour and cornflour. Mix again.
4. Cover and refrigerate the mixture for 20-30 minutes.
5. Shape small portions into smooth round balls.
6. Heat oil and deep-fry the koftas over medium heat until golden brown. Remove and drain on paper towels.

Preparing the Gravy:

1. In a separate pan, heat 2 tablespoons oil over medium heat.
2. Add bay leaf, cinnamon, cardamoms, and cloves. Sauté for 30 seconds.
3. Add chopped onions and sauté until golden brown.
4. Add ginger-garlic paste and cook until the raw smell disappears.
5. Add tomato puree and cook until oil separates from the masala.
6. Add turmeric powder, red chili powder, coriander powder, and cumin powder. Mix well.
7. Stir in cashew paste and cook for 2 minutes.
8. Lower the heat and add fresh cream or whisked yogurt gradually, stirring continuously.
9. Add salt to taste and water to adjust gravy consistency. Simmer for 5-7 minutes.
10. Crush kasuri methi and sprinkle into the gravy. Mix well.

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Assembling the Dish:

1. Gently place the fried koftas into the simmering gravy just before serving.
2. Let them soak for 2-3 minutes without overcooking.
3. Garnish with fresh coriander leaves.

Tips:

- Rest koftas after shaping to prevent cracking.
- Bake or air-fry koftas as a healthier alternative.
- Maintain medium heat while frying to avoid burning.
- Add butter for a richer gravy.
- Serve hot with naan, roti, or jeera rice.
- Store gravy and koftas separately if consuming later.
- Add a pinch of sugar if tomatoes are too tangy.