

MALAI KOFTA

For the Kofta

3 potato / aloo, boiled & mashed
¾ cup paneer / cottage cheese, grated
1 chilli, finely chopped
2 tbsp coriander, finely chopped
¼ tsp cumin powder
½ tsp salt
2 tbsp raisins
2 tbsp cashew / kaju, chopped
2 tbsp maida / plain flour
oil, for frying

for onion tomato puree:

2 tbsp oil
1 onion, sliced
1 tsp ginger garlic paste
2 tomato, sliced
2 tbsp cashew / kaju

for curry:

1 tbsp butter
2 tbsp oil
1 tsp cumin / jeera
2 pod cardamom
1 bay leaf
1 inch cinnamon
2 clove
1 tsp kashmiri red chilli powder
½ tsp turmeric
¾ tsp coriander powder
¼ tsp cumin powder
1 tsp salt
¼ cup cream / malai
½ cup water
1 tsp kasuri methi, crushed
¼ tsp garam masala

Kofta Preparation:

Step 1: In a large mixing bowl take 3 potato and ¾ cup paneer.

Step 2: Add 1 chilli, 2 tbsp fresh coriander, ¼ tsp cumin powder and ½ tsp salt.

Step 3: Add 2 tbsp raisins and 2 tbsp cashew to have crunchy bite in kofta.

Step 4: Mix well making sure all the spices are well combined

Step 5: Now add 2 tbsp flour and mix well forming a soft dough. maida helps to absorb moisture and bind the mixture well.

Step 6: prepare a small ball sized kofta by greasing hand with oil.

Step 7: deep fry on medium hot oil.

Step 8: stir occasionally, making sure the koftas are cooked uniformly.

Step 9: fry until the kofta turn golden brown and crisp. drain off the koftas and keep aside.

Curry preparation for malai kofta:

Step 1: Firstly, in a pan heat 2 tbsp oil and saute 1 onion, 1 tsp ginger garlic paste.

Step 2: saute until onions changes colour slightly.

Step 3: Now add 2 tomato and saute slightly.

Step 4: now add 2 tbsp cashew and continue to saute until tomatoes soften completely.

Step 5: cool completely and transfer to a blender.

Step 6: blend to smooth paste adding water if required.

Step 7: now sieve the mixture to get rid of skin and seeds.

Step 8: filter until silky smooth onion-tomato puree is attained. keep aside.

Step 1: in a large pan heat 1 tbsp butter and 2 tbsp oil.

Step 2: saute 1 tsp cumin, 2 pod cardamom, 1 bay leaf, 1 inch cinnamon, 2 clove until it turns aromatic.

Step 3: Now with the flame on low, add 1 tsp chilli powder, ½ tsp turmeric, ¾ tsp coriander powder and ¼ tsp cumin powder.

Step 4: saute until the spices turn aromatic.

Step 5: further add in the prepared onion tomato puree, 1 tsp salt and mix well.

Step 6: cover and cook until the mixture starts to thicken and oil separates from sides.

Step 7: now add ¼ cup cream and mix on low flame until it's well combined.

Step 8: Now add ½ cup water and mix well adjusting consistency as required.

Step 9: get the curry to a boil, add 1 tsp kasuri methi and ¼ tsp garam masala. mix well.

Step 10: finally, pour the curry over kofta and malai kofta is ready to enjoy.

THE COOKERY

by The Secret Jozi Chef