

# Recipe- Choley

## Choley



### Ingredients

Chickpeas/ Choley 1 cup (Soaked overnight)

Salt 1 tsp (or according to taste)

Amla Powder 1 tsp

Ghee 1 tbsp

Asafoetida/ Hing 1 pinch

Jeera 1 tsp

Onion 1 medium

Green Chili 5 medium

Ginger Garlic Paste 2 tsp

Tomato puree 1 cup

Red Chili 1 tsp (or as per your taste buds)

Chole Masala 3 tsp (Store brought)

### Method

- Wash and drain choley properly.
- Take a pressure cooker and boil choley with 1 tsp salt and 1 tsp amla powder.
- When done mash choley a little bit with a heavy spoon (Fig 1).
- Now take 1 tbsp ghee in another pan and heat on high flame.
- When ghee is hot enough add jeera and hing, let it cracker.
- Then add chopped onion and fry untill pink in color.
- Add Ginger garlic paste and fry.
- Add green chili and fry (Fig 2).
- Add tomato puree and fry til it starts leaving sides (Fig 3).
- Add red chilli powder and chola masala, fry for few minutes.

- Reduce the flame to low and cover the pan for 5 minutes.
- Add boiled choley and mix well.
- Cover and cook on low flame for another 10 minutes.
- Garnish with onion, ginger and green chilis.
- Serve hot with rice, bhature or chapati.



### **Tips**

If you do not eat onion you may omit this from recipe and follow the procedure.

While boiling choley add amla powder, it will give dark color as well you may not need to put extra aamcur powder.

Mash them a bit for the gravy texture.

Adjust the chilis according to your taste.

**“Be Vegetarian be Happy”**

**“Live and Let Live”**

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# **Recipe- Gobhi/ Cauliflower Manchurian**

## **Gobhi/ Cauliflower Manchurian**

### **Ingredients**

Gobhi 1 medium (Separated in florets)

Green Chilli 2-3 nos (Finely chopped)

Spring Onion 4-5 nos (Roughly chopped)

Onion 1 large (Roughly chopped)

Carrot 1 small (Finely chopped)

Capsicum 1 small (Finely chopped)

French beans 7-8 nos (Finely chopped)

Ginger Garlic paste 2 tsp

Soy Sauce 4 tbsp

Vinegar 2 tbsp  
Tomato Ketchup 1 tbsp  
Salt 1 tsp or as per taste  
Crushed Black Pepper 1 tsp  
Corn Flour 5-6 tbsp  
Oil 2-3 tbsp + to fry

## Method

- Wash and blanch gobhi and keep aside.
- Take corn flour in a deep bowl and mix with sufficient water to make a thick paste.
- Add salt and pepper mix well. Cover and keep aside for 5 minutes.
- Now take sufficient oil in a pan to fry on medium heat.
- When oil is hot enough dip gobhi florets in corn flour paste and deep fry till golden brown.
- When done, remove on absorbent paper and keep aside.
- Now heat 2-3 tbsp oil in a pan, add chopped onions and fry until pink in color.
- Now add ginger garlic paste and fry.
- Add chopped spring onion bulb and chopped green chillis and fry
- Now add spring onion green, capsicum, carrot, french beans and stir fry on high flame.
- Now add Tomato ketchup, soy sauce and vinegar mix well and reduce the flame to low.
- When boil comes add 1 tbsp of corn flour left over paste and stir continuously so that no lumps form.
- Add sufficient water to adjust the thickness of sauce.
- Add some salt and crushed black pepper, mix well.
- Now add the fried gobhi and mix well.
- Check the consistency of sauce if it seems too dry sprinkle some water.
- Cover and keep for 4-5 minutes on low flame.
- Top with 1 tbsp soy sauce and 1 tsp vinegar.
- Mix gently and serve hot.

## **Tips**

Be gentle when you mix fried gobhi with sauce.

You can adjust the chilli and soy sauce as per your taste.

If you want gravy thickness add some more water and boil.

You can serve either as a starter or with plain rice or noodles.