

GOBI MANCHURIAN



EXTRAS
#69

ALSO WORKS A TREAT WITH...
Diced chicken or broccoli florets
in place of the cauliflower

RAISE YOUR GAME BY...
Adding a dash of red food
colouring to the marinade



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GOBI MANCHURIAN

In India, any dish with the word 'Manchurian' in the title tends to indicate that it's an interpretation of a Chinese dish, often with added Indian seasonings. In this case, the cauliflower is fried with a crispy spicy coating, then tossed in a rich sweet and sour sauce - the perfect combination of Indian spices and Chinese technique!

Prep 30 mins	Cook 30 mins
Heat 	Serves 4

1 small **cauliflower** - cut into very small florets
 1 **bunch of spring onions** – thinly sliced
 1 **onion** - finely chopped
 3 **cloves of garlic** - finely grated or crushed
Fresh ginger - finely grated or chopped to make 1 tbsp
 2 **peppers** (any colour) - cut into bite-sized pieces
 150g **natural yogurt** (full-fat is best)
 3 **tbsp ketchup**
 1 **tbsp soy sauce** (any type) plus extra to serve
 2 **tbsp vinegar** (any type)
 20g **cornflour**
 100g **plain flour** or use **gram (chickpea) flour**
Rice or noodles to serve

2 tsp



HALDI BLEND

3 tsp



METHI BLEND

2 tsp



MIRCHI BLEND

- 1 Mix the yogurt with 1 tsp **HALDI BLEND**, 1 tsp **METHI BLEND**, 1 ½ tsp **MIRCHI BLEND** and ½ tsp salt
- 2 Mix the cauliflower into the yogurt mixture until fully coated
- 3 In a separate bowl mix the flour and 2 tbsp cornflour with ¼ tsp salt
- 4 Coat the yogurt-coated cauliflower in the flour mixture and place on a baking tray so that the pieces aren't touching each other
- 5 Carefully heat 3cm oil in a wide, deep frying pan over a medium heat - to test when the oil is ready, drop a piece of cauliflower into the oil and it will sizzle then immediately float to the surface
- 6 Carefully fry the cauliflower (you will have to do this in batches) for 5 minutes or until golden on all sides then drain on kitchen paper
- 7 Fry the onion, peppers, garlic and ginger in a separate pan with 2 tbsp oil on a high heat for 5 minutes, stirring regularly or until the onion is just starting to soften and turn translucent
- 8 Mix the ketchup, soy sauce, vinegar, remaining 1 tsp cornflour, 1 tsp **HALDI BLEND**, 2 tsp **METHI BLEND**, ½ tsp **MIRCHI BLEND** and 150ml water
- 9 Add the sauce to the fried onion mix then boil for 3 minutes or until thick and glossy
- 10 Stir in the fried cauliflower and spring onions and stir fry for 5 minutes until the spring onions are tender and any liquid has evaporated
- 11 Serve with rice or noodles, and extra soy sauce on the side