

rare recipes
by
Reena Malhotra

MALAI KOFTA



Ingredients :

(in order of requirement, during preparation)

For Malai Kofta Cutlets :

- | | |
|--|------------------|
| <input type="checkbox"/> Potatoes | 2-3 medium sized |
| <input type="checkbox"/> Paneer (Cottage Cheese) | 400 gm |
| <input type="checkbox"/> Khoya (Mawa) | 1 cup |
| <input type="checkbox"/> Corn flour | 2-3 tablespoons |
| <input type="checkbox"/> Salt | As per taste |
| <input type="checkbox"/> Raisins (Kishmish) | ¼ cup |
| <input type="checkbox"/> Cashew Nuts | ¼ cup |
| <input type="checkbox"/> Refined Cooking Oil | For deep frying |

For Malai Kofta Gravy :

- | | |
|---|------------------|
| <input type="checkbox"/> Onions | 3-4 medium sized |
| <input type="checkbox"/> Refined Cooking Oil | 3 tablespoons |
| <input type="checkbox"/> Ginger Paste | 1 teaspoon |
| <input type="checkbox"/> Garlic Paste | 1 teaspoon |
| <input type="checkbox"/> Coriander Powder | 1 teaspoon |
| <input type="checkbox"/> Salt | As per taste |
| <input type="checkbox"/> Tandoori Masala Powder | 1-2 teaspoons |
| <input type="checkbox"/> Tomatoes | 2-3 large |
| <input type="checkbox"/> Tomato Puree | 1-2 tablespoons |
| <input type="checkbox"/> Red Chill Powder | 1 teaspoon |
| <input type="checkbox"/> Khoya (Mawa) | ½ cup |
| <input type="checkbox"/> Fresh Cream | ½ cup |
| <input type="checkbox"/> Garam Masala Powder | 1 teaspoon |
| <input type="checkbox"/> Kastoori Methi | 1 teaspoon |

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Method of Preparation :

For Malai Kofta Cutlets :

- Boil, peel and grate the Potatoes.
- Grate the Paneer and Khoya.
- Thoroughly mix the grated Potatoes, Paneer and Khoya.
- To the above mixture, add and thoroughly mix Corn flour and Salt.
- Make Dough of the above mixture.
- Divide the Dough into equal sized pieces.
- Stuff raisins and cashew nuts into each piece of dough and roll it in a uniform shape (ball/ cylindrical shape).
- Heat Oil in a frying pan on medium heat.
- Deep fry each piece of rolled dough, till it is light golden brown in color. Do not overcook. The Malai Kofta cutlet is now ready.
- Remove the Koftas from the frying pan. Place them on a sheet of brown paper/ paper tissue to drain out the excessive oil and keep warm in a Casserole or reheat in a Microwave at the time of serving.

For Malai Kofta Gravy :

- Peel and cut the Onions into halves and boil them in 2 cups of water for 10 minutes.
- Drain the excess water and let the Onions cool.
- Grind the boiled Onions into a smooth paste.
- Put Tomatoes in boiling water for 5 to 10 minutes.
- Remove the Tomatoes from water and peel off their skin.
- Grind the blanched Tomatoes into a smooth paste.
- Heat Oil in a pan.
- Add Onion Paste and cook for 5 to 10 minutes or till light brown.
- Add Ginger Paste, Garlic Paste to the Onion Paste and mix well.
- Add the fresh Tomato Paste and the Tomato Puree and mix well.
- Add Coriander Powder, Salt, Red Chili Powder, Tandoori Masala Powder and cook at medium flame for 5 to 10 minutes or till the Oil is separated from the Masalas.
- Mix Khoya into 2 cups of hot Water and add it to the above Gravy.
- Bring the gravy to a boil and simmer for 10 minutes on a slow flame.
- Add fresh Cream and Garam Masala, as per taste.
- Place warm Malai Koftas in a serving dish and pour Hot Gravy on the Malai Koftas till the dish is full. Garnish with Cream and Kastoori Methi.
- Serve Hot and Enjoy with Tandoori/ Rumali Roti or Chapatti or Naan.