

rare recipes
by
Reena Malhotra

VEG. MALAI KEBABS



Ingredients :

(In order of requirement, during preparation)

For Pressure Cooking :

- | | |
|--|--------------|
| <input type="checkbox"/> Soya bean Nuggets (Nutri-Nuggets) | ½ kg |
| <input type="checkbox"/> Chana Dal | ½ kg |
| <input type="checkbox"/> Onions – Sliced | 2 – medium |
| <input type="checkbox"/> Garlic Flakes – Chopped | 6 – 8 |
| <input type="checkbox"/> Ginger – Chopped | 2 small pcs. |
| <input type="checkbox"/> Coriander Seeds (Sukha Dhaniya) | 2 teaspoons |
| <input type="checkbox"/> Cumin Seeds (Jeera) | 1 teaspoon |
| <input type="checkbox"/> Cloves (Laung) | 3 – 4 |
| <input type="checkbox"/> Green Cardamoms (Choti Elaichi) | 2 |
| <input type="checkbox"/> Brown Cardamoms (Moti Elaichi) | 2 |
| <input type="checkbox"/> Cinnamon (Dalchini) | ½ stick |
| <input type="checkbox"/> Bay Leaves (Tej Patta) | 1 – 2 |
| <input type="checkbox"/> Peppercorns (Sabut Kali Mirch) | 4 – 5 |
| <input type="checkbox"/> Salt | As per taste |
| <input type="checkbox"/> Water | 2 – 3 cups |

For Frying :

- | | |
|--------------------------------------|-----------------|
| <input type="checkbox"/> Cooking Oil | 2 – 3 teaspoons |
|--------------------------------------|-----------------|

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Method of Preparation :

- Wash the Soya bean nuggets and drain out the water.
- Add the washed Soya bean nuggets and all other ingredients except Cooking Oil in a Pressure Cooker.
- Close the Cooker. On High Heat, bring the Cooker to Full Pressure (1 whistle). Cook for 2 whistles.
- Reduce Heat and cook for 3-5 minutes.
- Remove from Heat. Open the Cooker.
- Allow the mixture to cool naturally.
- Place the Cooker on Medium Heat. Stir occasionally and cook till all the liquid has evaporated (for about 2-3 minutes).
- Grind the Mixture into a smooth Paste.
- Do Not Add Water.
- Transfer the paste into a large bowl.
- Apply a little cooking oil on your palms.
- Make medium sized Patties (about 2 inches in diameter and ½ inch thick) from the Paste.
- Heat 1 - 1½ teaspoon Cooking Oil in a Frying Pan/ Non-stick Tawa on Medium Heat for about 2-3 minutes.
- Add 6 Patties at a time. Fry both sides, till both the sides are crispy brown (for about 2 minutes per side).
- Fry the remaining Patties in the same manner.
- The Malai Kebabs are now ready-to-serve.
- Serve Hot with Mint Chutney, Onion Rings and Enjoy.

This dish tastes best, when consumed within 10 minutes of serving

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