

rare recipes  
by  
*Reena Malhotra*

**VEG. MANCHURIAN (Indian Style)**



**Ingredients :**  
**(in order of requirement, during preparation)**

**For Manchurian Balls (Dumplings) :**

- |  |               |
|--|---------------|
| <input type="checkbox"/> Cabbage – finely grated       | 1 ½ cup       |
| <input type="checkbox"/> Carrot – finely grated        | ½ cup         |
| <input type="checkbox"/> French Beans – finely chopped | ½ cup         |
| <input type="checkbox"/> Corn Flour                    | 2 tablespoons |
| <input type="checkbox"/> Refined Flour (Maida)         | 2 tablespoons |
| <input type="checkbox"/> Ajinomoto                     | ½ teaspoon    |
| <input type="checkbox"/> Salt                          | As per taste  |
| <input type="checkbox"/> Pepper                        | As per taste  |
| <input type="checkbox"/> Oil for frying                | 1-2 cups      |
| <input type="checkbox"/> Water                         | As required   |

**For Manchurian Sauce :**

- |  |                          |
|--|--------------------------|
| <input type="checkbox"/> Oil                     | 2 tablespoons            |
| <input type="checkbox"/> Garlic – finely chopped | 2 teaspoons              |
| <input type="checkbox"/> Ginger – finely chopped | 1 teaspoon               |
| <input type="checkbox"/> Onion – finely chopped  | ½ cup                    |
| <input type="checkbox"/> Soya Sauce              | 1 tablespoon             |
| <input type="checkbox"/> Tomato ketchup          | 1-2 tablespoons          |
| <input type="checkbox"/> Vinegar                 | 1 teaspoon               |
| <input type="checkbox"/> Salt                    | As per taste             |
| <input type="checkbox"/> Ajinomoto               | ½ teaspoon/ As per taste |
| <input type="checkbox"/> Pepper                  | As per taste             |
| <input type="checkbox"/> Corn flour              | 1-2 tablespoons          |
| <input type="checkbox"/> Water                   | As required              |

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**METHOD :**

**For Manchurian Balls (Dumplings) :**

- Mix the finely grated Cabbage, Carrot and chopped French Beans in a bowl.
- Sprinkle 1 teaspoon of salt into the vegetables and mix well.
- Keep aside for 15-30 minutes for softening / steam for 5-10 minutes.
- Remove all the water from the vegetables, by squeezing them well.
- Mix Corn Flour, Refined Flour and Ajinomoto.
- Sprinkle and mix Salt and Pepper, as per taste to the mixture of Flour.
- Add the mixture of Flour into the vegetables and mix well.
- Make balls (dumplings) of the vegetables in an even desired size.
- Heat Cooking Oil in a Pan on medium heat.
- Fry the balls (dumplings) till these are cooked well and keep aside.

**For Manchurian Sauce :**

- Heat Cooking Oil in a Pan on medium heat.
- Add the chopped Garlic and Ginger.
- Sauté for 1 minute.
- Add the Onions and stir for 1-2 minutes. Do not overcook.
- Reduce the heat.
- Add Soya Sauce, Tomato Ketchup and Vinegar.
- Add Ajinomoto, Salt and Pepper as per taste.
- Mix well and stir for 2-3 minutes.
- Add 2 cups of water and bring the sauce mix to a boil.
- Mix 2 teaspoons of Corn Flour in Water and add to the Pan.
- Add the fried vegetable balls (dumplings) into the sauce.
- Stir well, till the dumplings are coated well in the sauce.
- Stir well, till the sauce is thick and boiling hot.
- Transfer to a serving dish.
- Serve Hot with Hakka Noodles or Steamed Rice and Enjoy!

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