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Recipes



Indo-Chinese

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### Ingredients

Florets of Cauliflower, medium sized 16 nos.  
 Ajinomoto A pinch  
 Oil For deep frying

#### For the batter

Refined flour ½ cup  
 Cornflour ¼ cup  
 Chili powder (optional) ¼ tsp.  
 Salt To taste  
 Water A little

#### For the sauce

Oil 2 tbsps.  
 Finely chopped spring onion (optional) 2 tbsps.  
 Finely chopped Garlic 1 tbsp.  
 Finely chopped Ginger 1 tbsp.  
 Finely chopped green chillies 1 tbsp.  
 White pepper ¼ tsp.

### Cauliflower Manchurian



Soya sauce 2 tbsps.  
 Sugar ¼ tsp.  
 Ajinomoto A pinch of  
 Cornflour mixed 1 tbsp.  
 mixed with ¼ cup water  
 Vegetable stock or water 1 cup  
 Salt To taste

### Method

1. Wash the cauliflower florets, sprinkle a little salt and ajinomoto and set aside for 5 minutes.
2. Combine all the ingredients mentioned under batter. Beat well and prepare a thick coating batter.
3. Heat the oil in a frying pan. Dip the cauliflorets one by one in the batter and deep fry. Drain when golden brown. Set aside.
4. Heat 2 table spoons of oil in a pan. Add the spring onions, ginger, garlic and green chillies. Fry for ½ minute.
5. Add the stock, pepper, Soya sauce, sugar, ajinomoto and salt. Simmer uncovered for 1 minute.
6. Add the cornflour mixed with water and stir continuously, so that the sauce becomes thick.
7. Add the fried cauliflowerrets just before serving.
8. Garnish with spring onion tops.



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