

Cauliflower Recipes





Cauliflower Recipes

Cauliflower Fry

Ingredients

onion medium size - 1
cauliflower - 1 full
2 to 3 tablespoon of coconut powder
2 table spoon of coconut oil
little hing
little turmeric
1 teaspoon of chilli powder (depending upon you level of spice)
2 to 3 green chillies
salt to taste

For Seasoning

mustard seeds
cumin seeds

Method

Pour some olive oil or whatever oil you generally.

Use and put some mustard seeds and Jeera and let it fry.

Add onion and few curry leaves in it and let it turn.

brown and add cauliflower cut in to florets.

Add little hing and turmeric powder and coconut oil, chilli powder, green chillies.

Let it mix well and let it fry till soft in a medium heat.

Finally add coconut and taste it.

Note: You can have it as a change from regular stuff.



Cauliflower Recipes

Cauliflower Pickle

Ingredients

fresh cauliflower : 2 lbs.
red chilli powder : 3 tablespoon ful
garam masala : 1 tbsp "
turmeric powder : a pinch
salt : 2 tablespoon ful or to taste
garlic cloves : 6-8 cloves
mustard seeds : 2 spoon ful
methi seeds : about 10 seeds
lime juice : 3/4 cup
vegetable oil : 6-8 tablespoon ful

Method

Cut the cauliflower in to small florets. Wash them nicely and air dry for 4-5 hours.

Take florets in a mixing bowl, start adding the above ingredients one by one.

First add the vegetable oil and then turmeric powder, chilli powder,

methi and mustard powder, salt, garam masala,

garlic paste and pour 3/4 cup of lime juice into it.

Mix nicely with a spatula and keep it outside for 24 hours.

Make sure the salt, lime juice to your taste and if you need more,

add little salt and etc. Mix well.

Store in refrigerator for freshness.

You can also grate some carrot into it. [optional]

Tastes good with Rice and Chappathi.



Cauliflower Recipes

Cauliflower Chutney

Ingredients

- 1 medium sized cauliflower.
- 1 lime
- 3 tsp red chilli powder
- 2 table spoon cumin powder
- 2 tsp jeera powder
- 2 tsp mustard powder
- 2 tsp methi powder (fenugreek)
- 2 tsp salt
- 2 flakes garlic

Method

Cut florets and soak in salt water for 25 mts then dry them on tissue paper.

Mix above all powders including salt and add dried florets to it.

Take oil in skillet and heat it, when oil gets heated add mustard seeds and jeera to it.

When it gets roasted add crushed garlic and curry leaves to it.

Remove from the stove and pour this to florets and mix well.

Finally add lime juice to it.

Let it stay it for one day so that all spices and lime juice gets into it which makes chutney more tasty.

Serve.



Cauliflower Recipes

Cauliflower Pakoda

Ingredients

1 cauliflower cut into small florets
1/2 tsp ginger and 1 tbsp dhania (ground together)
salt to taste
1 onion and 3 chillies cut finely
garam masala-1/2 tsp
oil for frying
besan-2 cups

Method

Mix everything and marinate cauliflower in it for 1/2 an hour.

Fry in oil.

Serve with Ketchup.



Cauliflower Recipes

Cauliflower Curry

Ingredients

cauliflower 1
tomatoes 3
chopped onions 1
cumin seeds
salt & chilli powder
oil 2 tsp
coriander

Method

Heat the oil in the pan and put tomatoes, cauliflower and chopped onions in the oil.
place the lid on the pan, till cauliflower is cooked.
Then add salt and chilli powder.
Garnish with coriander.



Cauliflower Recipes

Cauliflower Paratha

Ingredients

For Dough

wheat flour 1 cup
water
salt

For Stuffing

1 medium size cauliflower
1 tsp chilli powder
1 tsp dhania powder
1 tsp jeera powder
1/4 tsp haldi
1 handful chopped coriander leaves
2 onions

Method

Clean the cauliflower with boiled water. Grate and keep it aside.

Take a kadai put 2 tsp oil, may be less if you are worried about your figure.

Fry onion till soft then add cauliflower fry for 5 min.

Add all other masala.

Make two small poories with dough stuff masala roll again.

Roast on tava.

Taste the hot and delicious cauliflower paratha with anything.



Cauliflower Recipes

Cauliflower 65

Ingredients

250 gms cauliflower florettes
1.5 tbsp plain flour (maida)
1.5 tbsp besan
1 tbsp garlic-ginger paste
2 pinches of china salt (mono sodium glutamate / ajinomoto)
salt
red chilly powder
a pinch of saffron (red-orange color)

Method

Soak the florettes in hot water mixed with 1 tsp salt for 30 mins.

Prepare batter by mixing all the ingredients (except florettes) with sufficient qty of water.

Add the florettes to this mixture.

Deep fry the florettes in oil.

Serve as a side dish.



Cauliflower Recipes

Roast Cauliflower

Ingredients

1 whole cauliflower
3 tbsp oil
1 med. onion thinly sliced
3 cloves garlic thinly sliced
1 inch ginger root grated
1 large tomato
3-4 pods cardamom
2-3 cloves
1 bayleaf
turmeric
salt
chopped green coriander

Method

Wash cauliflower and remove excess leaves and stem, don't cut the floweret off.

Make some slits in the stem and place onions and garlic inside the cauliflower.

Now heat oil on medium heat in pot preferably non-stick and add cardamom, cloves and bayleaf when they brown (only takes seconds) add chopped tomatoes, place cauliflower in the pot.

Mix turmeric, salt and grated ginger in about 6 tbsp. of water and sprinkle evenly over cauliflower.

Cover pot with a tight fitting lid and turn the heat down to low. remove when done, keep a eye on it if it starts drying out add little bit more water.

Shouldn't take more than 20-30 min.

Garnish with coriander. Goes well with Chapatis.



Cauliflower Recipes

Mughalai Cauliflower

Ingredients

1 lb cauliflower
1/2 lb potatoes
1/2 lb green peas
1/2 chopped onions and 2 sliced onions
some ghee

Ground Paste

Ginger and green chillies (little)

Method

Cut vegetables given above.

Put ghee in pan and fry onions to brown and make paste of it.

Heat ghee again and fry chopped onions now and then add chilly paste.

Add vegetables and 1 cup water and cover and cook it .

Add onions paste and salt and stir nicely.

Mughalai dish is ready to taste with parathas or chapathis. Enjoy it.0



Cauliflower Recipes

Cauliflower Casserole

Ingredients

1 cauliflower
1 bottle marinara pasta sauce
1 cup paneer
2 tsp oil
salt and pepper to taste

Method

Divide the Cauliflower into medium sized florets. Boil the florets for 5 min.

Drain excess water from the florets and saute the florets in oil for 5 min.

till they are tender.

Arrange the florets in a microwavable dish.

Add coarsely crushed Paneer and Pasta sauce on top of the florets.

Add salt and pepper and microwave for 10 minutes.

This is a delicious accompaniment to pilaf.



Cauliflower Recipes

Capsicum - Cauliflower Bhaji

Ingredients

1 medium sized cauliflower
2 large/3 medium sized capsicums
2 medium sized onions
2 medium sized tomatoes
2 tbsp everest pav bhaji masala
1/2 tsp turmeric powder
1/2 tsp chilly powder
1/4 tsp jeera powder
1/4 tsp dhania powder
1/4 tsp amchoor powder (dry mango powder)
salt to taste
3 tbsp oil

Method

Cut the onions and tomatoes finely. Cut the capsicums into strips (length-wise).

Separate the florets of the cauliflower and cut them longitudinally

In a flat-bottomed vessel, heat some oil. Add the onions and saute them till light brown.

Add the Tomatoes and continue to cook till a fine paste forms (hint : add some salt while cooking the onions and tomatoes, will speed en up the process)

Now add the capsicum and cauliflower florets.

Add all the masalas and cook on a medium flame till the vegetables are cooked. (Do not add any water).

Serve hot with rice, rotis or parathas.



Cauliflower Recipes

Cauliflower Vindaloo

Ingredients

cauliflower - 1 (cut into med size pieces)

For Marination

coriander seeds - 1 tsp

cumin seeds - 1 tsp

mustard seeds - 2 tsp

turmeric powder - 1 tsp

dry red chillies - 10

coconut grated fresh

or (desiccated) - 1/3 cup

fresh ginger-garlic paste - 1 tbsp

oil - 5 tbsp

cinnamon - 1 inch

cloves - 6 whole

onions - 1 cup (finely chopped)

red paprika - 1 tbsp

jaggery - 1/2 tsp

water - 1 cup, juice of 1 lemon

salt - as per taste

Method

Combine coriander, cummin, mustard, coconut, red chillies, grind it to fine powder.

- Add Turmeric, lime juice and half of the ginger-garlic paste & mix, then marinade the cauliflower in this and coat each piece well, cover and marinade for 1 hour.

Heat oil in a pan or kadai over medium flame.

When it is heated add cloves, cinnamon & onions, fry until light brown then add ginger-garlic paste stir in for a second and then add the marinated cauliflower to it reserving liquid cook for 4-5mins.

Add paprika, jaggery, salt & reserved liquid and bring the contents to boil.

Cook on medium until cauliflower becomes tender.

ENJOY! this spicy vindaloo with Plain or Ghee rice,

Pulav or Steamed Iddiyappam (Indian rice noodles) or any kind of rotis or Parathas.

Serve hot with rice, rotis or parathas.



Cauliflower Recipes

Cauliflower with Scallions

Ingredients

scallions: 1 bunch (finely chopped)

cauliflower: 1 medium (cut in small pcs)

tomato ketchup: 2 tbsp

mustard seeds: 1 tsp

green chillies: 2 chopped (take more if you want spicy)

coriander leaves: 2 tbsp (finely chopped)

salt, turmeric powder, dhania powder, garam masala, red chilli powder & cumin powder:
according to taste

oil: 1 tbsp

Method

Heat oil in shallow pan, put mustard seeds & green chillies, let seeds splutter.

Now put chopped scallions & mix it for 2-3 minutes, to it add all masalas, mix well & then put tomato Ketchup.

Now when this mixture leaves oil, add cauliflower florets, mix well & cover it.

Don't add water. Reduce the heat to low. It will be done in 10 -15 minutes, keep checking in between.

Garnish with fresh coriander leaves.

Serve hot with Roti or Parathas.



Cauliflower Recipes

Cauliflower Sabji

Ingredients

500 gms cauliflower
2 large size potatoes
100 gms green peas
2 large onions
6 cloves garlic
1 inch piece ginger
3 or 4 green chillies
2 tsp coriander powder
1 tsp amchoor powder or 1 lime
1 tsp garam masala.

Method

Cut cauliflower and potatoes into large pieces.

Chop fine onion, ginger, garlic and green chillies.

In a wok heat 1 tablespoon oil.

When the oil is heated add onion, ginger, garlic and green chillies.

When the onion starts browning add cauliflower, potatoes and green peas.

Add a little turmeric powder if you like.

Stir for about 5 minutes.

Add salt to taste and cover the vessel with a tight lid.

Cook for about 10 min on slow fire.

Lastly add coriander powder, garam masala and lime juice to taste.

Add finely chopped coriander leaves on top.

Can be had with Roti or Bread.



Cauliflower Recipes

Indian Cauliflower Manchurian

Ingredients

one cauliflower break into small florets
plain flour two table spoons
chilly powder two tea spoons
onion two, finely chopped
tomato puree one table spoon
coriander leaves two table spoons
salt as per taste

Method

Take a bowl put in the cauliflower florets, salt and little bit of chilly powder.

Add little water make a batter and deep fry it.

Now take a pan pour oil and fry the onions first then add the tomato puree, chilly powder, salt and water. Let it cook on high fire for some time.

Once the gravy becomes thick put in the fried cauliflower mix well.

Garnish with coriander leaves and serve hot.

Make sure that you serve it as soon as you mix it or else it becomes soggy.

Happy cooking.



Cauliflower Recipes

Crispy Cauliflower

Ingredients

cauliflower, 5 small whole ones - 1 kg
salt to taste
turmeric powder - 2 tsp
gram flour (besan) - 1 cup
carom (ajwain) seeds - 1 & 1/2 tsp
lemon juice - 1/2 tsp
green coriander, finely chopped - 4 tsp
green chillies, finely chopped - 4 tsp
yoghurt or curd - 1/2 cup
ginger paste - 2 tsp
garlic paste - 2 tsp
garam masala - 2 tsp
red or yellow chilli powder - 2 tsp
oil - 2 & 1/2 cups

Method

Boil sufficient water to immerse the cauliflowers. Add salt (1 tsp) and turmeric powder.

Gradually add the cauliflowers to this solution. Cook for 8 to 10 minutes over medium heat until the cauliflowers are half cooked. Drain and keep aside.

Prepare a batter with the gram flour (besan), carom seeds, lemon juice, coriander, green chillies, yoghurt, ginger-garlic pastes, garam masala, chilli powder, salt and just enough water to have a thick and smooth consistency.

Heat oil in Kadhai (wok). Dip each cauliflower into the batter, coat evenly and deep fry till golden in colour and crisp.

Serve hot.



Cauliflower Recipes

Cauliflower Aava Pettina Kooru

Ingredients

cauliflower grated - 2 cups
mustard - 1 tbsp + 1/2 tsp
tamarind pulp - 2 tbsp
sugar - 1 tsp. (optional)
green chilli - 6
red chilli - 6
curry leaves - 1 sprig
chana dal - 1 tbsp.
urad dal - 1 tbsp.
vegetable oil - 2 tsp.
turmeric - pinch
salt - to taste

Method

Microwave cauliflower for 4 mins. Or boil in plenty of water and drain.

It should not be mushy. Grind 1 tbsp. mustard to a fine paste by adding enough water

Heat oil in a kadai and add chana dal, urad dal, 1 tsp mustard and red chillies.

Allow mustard to splutter and add curry leaves, green chillies, sugar and tamarind pulp. boil for a couple of minutes. Add turmeric.

Add cauliflower and salt and mix for a couple of minutes until dry.

Add mustard paste, remove from flame and mix well.

This is a spicy recipe and for people who like hot food.

Serve it with plain rice.



Cauliflower Recipes

Cauliflower Pakoras

Ingredients

1- small cauliflower
1 piece ginger
4 green chillies
1 celery
1 spring onion
1 onion chopped
1/4 cup maida
1/4 cup rice flour
1/4 cup corn flour
1/4 cup soya sauce
oil for deep frying

Method

In a big bowl shred the cauliflower into small pieces.

Chop celery, spring onions, ginger and green chillies and add to cauliflower.

Add Maida, rice flour, corn flour and soya sauce.

Allow to stand for 1/2 hour. Do not add water.

Please take care while adding soya sauce as this contains salt.

After 1/2 hour mix well and deep fry like pakodas in hot oil.

You can substitute small pieces of chicken or shredded cabbage instead of cauliflower.



Cauliflower Recipes

Spicy and Crispy Cauliflower

Ingredients

- 1 medium size cauliflower.
- 2 handful of coriander leaves.
- 2 inches of ginger and 8 cloves of garlic.
- 1 tbsp of pepper powder.
- 1 pinch ajino-moto(tasting salt, you can get it from any indian or chine's groceries).
- 1-1/2 oz soy sauce and 8 drops of vinegar(optional).
- 1/2 tbsp of garam masala powder.
- pinch of red color(optional) and little salt.
- 1 tbsp besan flour and 2 tbsp corn starch.
- oil to fry.

Method

Cut cauliflower in floweret.

Make the paste with all ingredients except besan flour and corn starch .

Wash the flower in hot water and drain it in a drainer.

Mix the paste to flower and marinate it atleast for 1/2 hour and to a maximum of 3-4 hours.

Then mix the besan and corn starch, fry until it become crispy.



Cauliflower Recipes

Tomato - Cauliflower Mix

Ingredients

1 cauliflower whole
2 small tomatoes or 1 big
2 potatoes medium size
1/2 tsp turmeric powder
1 1/2 tsp red chilli powder
1 tsp cumin seeds (jeera)
2 1/2 tsp cumin-coriander powder(dhania-jeera powder)
oil
coriander
salt

Method

First cut the cauliflower into small pieces.

Secondly tomatoes should be cut finely into long strips.

Similarly cut the potatoes into thin long strips.

Take 1 tablespoon oil into a frying pan, to this add Jeera seeds, then turmeric powder (very little), then chilli powder (1 1/2 tsp).

Then first add tomatoes to it and fry it nicely.

Then add potatoes and cauliflower to it and stir it again.

Then add jeera-coriander powder and salt to it.

Steam it nicely for 2 minutes or so.

Garnish this with coriander and serve with chapati.



Cauliflower Recipes

Aloo Gobi Masala

Ingredients

4 nos. - medium sized potatoes

1/4 kg- gobi

1 no. - tomato

2 tsp - curd.

1 tsp - chilli powder

1 tsp - dhania powder

1/2 tsp - jeera powder

1/2 tsp - haldi

hing

3 tsp - cooking oil

salt and coriander leaves.

(if you require the dish to be spicy you can added chilli powder as per your taste.).

Method

Peel the Aloo and cut in cubes of 1 inch.

Cut the Gobi into small sizes.

Put the oil in a kadai and add the chilli powder, Jeera powder, Dhania powder, Hing, and haldi.

Immediately add the Aloo cubes.

When all the Aloo pieces are nicely coated with the mixture, add the Gobi.

Stir well, add salt and little water and cover the kadai and allow to in low flame, when cooked, add tomato (cut into wedges) and the curds and stir well for about 1 min.

Remove from flame and nicely decorate with finely chopped coriander leaves. 0



Cauliflower Recipes

Aloo - gobi Fry

Ingredients

1/2 medium sized cauliflower cut into thin pieces
1 potato peeled and cut as thin fries
1 egg
1 tbsp poppy seed
1/2 onion chopped in length
2 green chilli slit lengthwise
salt
1/2 tsp turmeric
1 tbsp oil

Method

Heat oil in a non-stick frying pan.

Add potatoes, cauliflower, salt and turmeric. Mix.

Cover and cook for 5 minutes.

Remove cover, add onion. Mix and cook till potatoes are tender.

Add chilli, poppy seed. Mix.

Make space in the middle of the pan.

Break the egg in the center.

Mix it with the rest.

Fry for 1 minute.



Cauliflower Recipes

Gobi ka Kheema

Ingredients

1 medium cauliflower
3 medium onions
3 cloves garlic
1/2 inch piece fresh ginger
5 tbsp tomato puree
1 cup peas
1/2 stick cinnamon
1/2 tsp cumin seeds
1/4 tsp red chilli powder
5 tbsp plain yogurt
1/2 tsp garam masala
oil
salt to taste

Method

Divide the Cauliflower into florets, and Grate them in food Processor.

Warm 5 table spoons oil and add Cauliflower, Saute for 10 min.

Continue cooking for another 30 min. the Cauliflower should be Dark Brown.

Grate ginger & Garlic and chop Onions. Warm oil and add cinnamon & cumin.

When spices Darken add Grated Ginger & Garlic then add Onions and fry till Brown.

Reduce the Heat to low and add salt, red Chilli powder and tomato Puree.

Mix well and add Yogurt. Cook for 2 min add peas and Water. After boiling add cauliflower.

Cook for 15 min. Mix garam Masala. Serve hot with rice or poories



Cauliflower Recipes

Masala Gobi

Ingredients

1 large cauliflower stem removed and stump and scored
1 tablespoon poppy seeds
1 tablespoon cashewnuts broken into pieces
10 gms ginger
6 flakes garlic
2 green chillies
2 large onions chopped finely
2 tomatoes chopped finely
half teaspoon turmeric powder
half teaspoon red chilly powder
1 tablespoon coriander powder
half teaspoon cumin powder
1 large tablespoon curd (beaten)
onion rings, lemon ridges & coriander leaves for garnishing

Method

Immerse cauliflower for half an hour in boiling water with 2 teaspoon salt. Drain it and keep aside. Grind poppy seeds and cashew into a paste adding water. Grind ginger, garlic, green chillies into a paste. Heat oil and fry onions till golden brown, add ginger-garlic paste, tomatoes, turmeric, coriander, cumin and chilli powders.

Add little water and cook till tomatoes are pulpy. Now add curd and stir fry till well blended & till oil shows. Now gently lower the cauliflower and fry for 3 minutes on each side to coat the masala ending with the stump side down. Cover with a tight lid and cook on high for 2 minutes. Reduce heat and cook till the cauliflower is done. Add cashew paste and a little water to make it into a gravy. Remove from heat. Place cauliflower on serving dish.

Pour masala over the cauliflower. Serve hot, garnished with onion rings, lemon ridges and coriander leaves. Goes well with naan or phulkas, Serves about 6 Cooking time 15 minutes.



Cauliflower Recipes

Gobi Manchurian

Ingredients

1 Kg cauliflower
1 tsp Soya Sauce
1 tsp Tomato Sauce
1 tsp Chilli Sauce
1 tsp Vinegar
1 cup Maida
3/4 cup Corn Flour
2 tsp Celery
1 cup chopped Onion
1 tsp Ginger
1 tsp Ajinomoto
1 tsp Red Chilli powder or Red Chilli
Salt

Method

Cut cauliflower into pieces and add soya sauce into it.

Take 3/4 cup maida, 1/2 cup cornflour and add ajinomoto, soda (a little) and salt to it.

Pour water to it and mix it well.

Add cauliflower (in which soya sauce is used) into it and fry till light brown.

Now in a kadai take some oil, add mustard seeds when it crackles add onion, celery and ginger paste.

When onion gets light brown add tomato sauce, chilli sauce.

Stir it well and cook for 2 to 3 minutes and then if required add water (optional).

Add 1 tsp maida, 1 tsp vinegar, red chilli powder and salt.

After 1 minute add fried cauliflower and take down.

Transfer it into a bowl and serve it with Naan or Paratha.



Cauliflower Recipes

Paneer Gobi

Ingredients

scallions - 1 bunch (finely chopped)

cauliflower - 1 medium (cut in small pcs)

tomato ketchup - 2 tbsp

mustard seeds - 1 tsp

green chillies - 2 chopped (take more if you want spicy)

coriander leaves - 2 tbsp (finely chopped)

salt, turmeric powder, dhania powder, garam masala, red chilli powder & cumin powder
- according to taste

oil - 1 tbsp

Method

Heat oil in shallow pan, put mustard seeds & green chillies, let seeds splutter.

Now put chopped scallions & mix it for 2-3 minutes, to it add all masalas, mix well & then put tomato Ketchup.

Now when this mixture leaves oil, add cauliflower florets, mix well & cover it.

Don't add water. Reduce the heat to low.

It will be done in 10 -15 minutes, keep checking in between.

Garnish with fresh coriander leaves.

Serve hot with Roti or Paratha.



Cauliflower Recipes

Gobi Matar

Ingredients

1 medium sized cauliflower, cut into florets
250 gm green peas
1 tbsp butter
1 tsp cumin seeds
1.5 cm ginger, julienned
2 green chillies, chopped fine
salt to taste
coriander leaves (to garnish), chopped fine
1 tsp garam masala powder

Method

Melt butter in a non stick pan.

Season with cummin seeds and ginger.

Fry for a while.

Add green chillies, cauliflower, green peas and salt.

Saute well.

Cover and cook for 10 minutes or till done.

Garnish with coriander leaves and garam masala powder.

Serve hot with Rotis.



Cauliflower Recipes

Gobi Mussallam

Ingredients

cauliflower 2 no
grated onion 1 cup
garlic paste 1 tsp
ginger paste 1 tsp
tomato puree 1/2 cup
red chili powder 1 tsp
garam masala powder 1 tsp
coriander powder 1 tsp
turmeric powder 2 tsp
cumin powder 1 tsp
oil 2 tsp
salt as per taste

Method

Remove stalk from cauliflower.

Boil in salted water with 1 teaspoon turmeric powder till half cooked.

Heat oil in a Kadhai.

Add grated onions and saute until golden brown in colour.

Add Ginger Paste, Garlic Paste, cumin powder, coriander powder, remaining turmeric powder, Garam Masala Powder and salt.

Stir for half a minute.

Add tomato puree and cook till oil leaves the masala.

Add 1/2 boiled cauliflower and cook on steam for 10 minutes.

Garnished with chopped green coriander and serve hot with Chapati.



Cauliflower Recipes

Bachelors's Spiced Cabbage

Ingredients

shredded cabbage - about half a pound
powdered black pepper - 1-1/2 tsp.
cumin seeds - 1 and 1/2 tsp
mustard seeds and urad dal - 3/4 tsp each
sugar- about 1/2 a tsp
oil- about 1-1/2 tablespoon
salt- to taste
asafoetida - to garnish

Method

Wash the cabbage thoroughly.

Add oil to wok and when warm, add mustard seeds, urad dal and cumin seeds.

When seeds pop, urad dal turns slightly brown and cumin seeds smell spicy, add the cabbage.

Sprinkle water on cabbage and add salt.

Cover and cook for about 10 mins or till the cabbage is cooked.

Add the powdered black pepper.

Stir for 2 mins.

Add half a tsp sugar.

Garnish with asafetida.

Ready to serve!



Cauliflower Recipes

Shahi Gobi

Ingredients

- 1 small cauliflower
- 2 big onions
- 1/2 pod garlic
- 2 inch ginger
- 1/4 tsp turmeric
- 2 tsp coriander powder
- 3 tsp chilli powder
- 2 bay leaf
- 4 cloves
- 6 pepper corns
- 1 cup oil & salt to taste.

Method

Clean & deep fry the cauliflower without cutting it into pieces.

Fry it till it has turned brown from all sides.

Take it out & keep it aside.

Grind together 1 onion, ginger & garlic to fine paste.

Then to the same oil add the bay leaf, cloves and peppercorns then put 1 chopped onions & fry till it turns dark brown.

Add the masala paste along with other dry masala mentioned in the ingredients.

After this masala is done add the chopped tomatoes fry it then put the deep fried flower in this prepared masala.

See to it that the flower gets completely covered with the masala.

Keep it on slow fire for 5 min. While serving garnish it with fried potato chips and fresh coriander leaves.



Cauliflower Recipes

Cauliflower Parathas

Ingredients

For filling:

wash one medium size cauliflower and finely chop it

keep in a bowl of water and keep aside

take oil in a pan. add cumin seeds to it.

when they start to change colour, add a pinch of asafoetida powder, 2 pinches of turmeric powder drain the cauliflower and add it to this

cook covered by stirring occasionally till cauliflower is soft.

add (3-4 tsp) dhania powder and 2 tsp cumin powder, some red chilli powder and 2-3 tbsp gram flour (besan) to this cooked cauliflower. stir fry till the cauliflower is coated well and dry. then add a little salt and 1 tsp sugar. remove from gas.

Method

Make paratha dough and keep aside.

After filling is cooled, make balls of dough and fill them with the mixture.

Roll into 5-6 inch round parathas.

Shallow fry with oil or ghee.

Serve hot with Chutney or Curd.

Tasty Cauliflower Parathas are ready!!!



Cauliflower Recipes

Gobi ka Kheema

Ingredients

- 1 medium size gobi (cauliflower chopped)
- 2 medium onions (chopped)
- 1 small piece of ginger.
- 2 green chillies.
- 1 tsp of red chili powder.
- 2 tsp of coriander powder
- 1 tsp of gram masala
- 2 medium tomatoes.
- 1 serving spoon of oil.
- salt to taste. fresh dhania for garnish.

Method

Heat oil in a Pressure cooker, add onion and ginger paste.

Add salt to let the onion color evenly.

When it turns brown add Gobi (chopped) and ground spices.

Fry for few minutes.

Add Tomatoes to it and close the lid of the cooker.

Allow It to stand for 15 minutes on slow fire.

Open the cooker when cool, Mash the Gobi with serving Spoon.

Garnish it with gram masala and fresh dhania.

Serve hot with rice.



Cauliflower Recipes

Chilli Gobi with Peas

Ingredients

cauliflower 1 kg
peas 150 gms
capsicum 100 gms
salt as per taste
garam masala 1 teaspoonful
cooking oil as per taste

Method

Cut and chop cauliflower and capsicum in small pieces of say 5 mm in size.

Pour oil into pan and put cauliflower and peas and cook them for 6 minutes on low fire.

Put garam masala, turmeric powder and salt and mix properly and again cook with cover over pan for 10 minutes on low fire.

Take off the cover. Stir the vegetables again and cook now on high with constantly mixing vegetables every 2 minutes for 6 minutes.

Now put capsicum pieces in the dish and cook for 7 minutes.

The recipe chilli gobi is now ready.

For taste just before taking off you can put dhania powder for taste and cook for 2 minutes as well.



Cauliflower Recipes

Gobi Kashuri

Ingredients

1 whole cauliflower (cut into florets)	1 inch ginger
2 big onions (chopped)	2 pinches of turmeric
2 medium sized tomatoes (chopped)	2 tbsp oil for seasoning
3 green chillies (chopped)	1/2 cup oil for frying cauliflower
1 tbsp dhania powder	fresh coriander leaves
1 tbsp kasuri methi powder (powder mdh kasuri methi)	1/2 tsp mustard seeds for seasoning
1/2 tsp chilli powder	1/2 cup curd
4 to 5 flakes of garlic	salt to taste

Method

Grind ginger and garlic into thick paste. Add 1/2 cup oil in a pan for frying the cauliflower florets. Add the florets in the oil and deep fry them.

If you don't want to fry the florets, you can use cooking spray and just saute them. Frying gives the dish hotel look and taste.

Add the seasoning oil in another pan and add the mustard seeds. Add ginger, garlic paste and fry it till light brown. Now add the chopped onions and chopped green chillies and fry them till golden brown.

Then add the chopped tomatoes and fry them till they become soft. Then add the dhania powder, salt, chilli powder, turmeric and curd and let it cook for 5 minutes.

Then add the fried florets and let it cook along with the gravy for 10 minutes on a medium heat. Last thing to add is the kasuri methi powder so that it does not get cooked too much. Remove from the stove and garnish it with coriander leaves.

Serve with rice or chapathi.



Cauliflower Recipes

Hara Gobi

Ingredients

cauliflower (cut into medium size florets) 500 gms
fresh coriander leaves 1 bunch
fresh mint leaves 1 bunch
garlic flakes 3
green chillies 4
mustard seeds 1/4 tsp
cummin seeds 1/4 tsp
oil for frying
salt to taste

Method

Boil the cauliflower until tender. Do not make it very soft.

Grind together coriander leaves, mint leaves, green chillies and garlic to a paste with as little water as possible.

Heat oil in a pan and add mustard and cummin seeds.

When they splutter add the ground paste and fry for 3 minutes.

Now add salt and the boiled cauliflower and saute.

Leave it on fire until excess water dries up.

Serve with rice or roti.

Its very easy to make and delicious to eat.



Cauliflower Recipes

Mughalai Gobi

Ingredients

one medium size cauliflower (cut into about 2" florets.)
gram flour (besan) 1 tab. spoon
1/2 tsp ajwain
tomato puree 100 gm
garlic paste 1 tsp
oil 2 tbsp (for cooking)
salt to taste
red chilli powder 1/2 tsp
jeera powder 1/2 tsp
garam masala 1/2 tsp
oil for deep frying
1/2 tbsp chopped coriander leaves
50 gm paneer (grated) for garnish

Method

Heat oil in a kadai and deep fry the gobi florets. Keep aside.

Heat 2 tbsp. oil and fry ajwain seeds till light brown.

Put besan and fry for 1 minute.

Add garlic paste and stir. Add tomato puree and cook till oil separates.

Put salt, chilli, Jeera powder and mix.

Put fried gobi pieces and mix well with cooked puree.

Add garam masala, mix and add coriander.

Put it in a flat serving dish and garnish with grated paneer.

Serve hot with Roti or Paratha.



Cauliflower Recipes

Gobi Khatta - Mitta

Ingredients

cauliflower florets - 1/2 kilo
ginger approx - 10inch. (finely chopped)
soya sauce -3-4 tsp.
tomato sauce-2 tbsp.
salt-to taste
black pepper powder - 3/4 tsp.
corn flour-6-7 tbsp
oil-4 tbsp. approx.
non-stick pan or wok

Method

Take enough of water in the casserole, add half a tsp. Of salt and boil this water.

Once the water boils -add cauliflower florets and cook 45-50%.

Drain the water and keep these florets aside & let it cool. Take corn flour add 2 tsp.

Of soya sauce & little bit of water make a semi thick batter. Heat the oil (3 tbsp.)

In the pan & now dip each cauliflower floret in the batter and put all the florets together in the pan and cook it for about 5 min.

Keep stirring constantly otherwise soya sauce will start sticking to the pan.

Now take chinese wok, if you don't have that don't worry take another non-stick pan.

Add 1 tbsp. of oil, once heated up add finely chopped ginger, (keep stirring) then add the florets, soya sauce, pinch of sugar, salt, black pepper powder & tomato sauce.

Cook it for about 3min. Turn off the gas.

Serve hot and garnish with julienne ginger and coriander leaves.



Cauliflower Recipes

Malai Gobi

Ingredients

cauliflower -- cut into small bits ... 1 cup
Tomatoes -- made into a paste ... 2 nos
Small onions made into a paste ... 1 cup
Salt ... to taste
Ginger ... 1/2" piece
Garlic ... 3 pearls
Green chillies - medium sized ... 3 nos.
Milk powder ... 1/2 cup (100 gms)
Chilli powder ... 1 tsp
Turmeric powder ... 1 tsp
Garam masala powder ... 1 tsp.
Oil for frying ... 1 tbsp

Method

Make a fine paste of ginger, garlic and green chillies.

Keep oil in a frying pan, and after it becomes hot, add the ginger, garlic - green chilli paste and saute till the raw smell goes off.

Add the onion paste and saute till golden brown add the tomatoes paste (roughly 2 tablespoonfuls), 1 tsp chilli powder, 1/4 tsp turmeric powder, 1 tsp garam masala and the required quantity of salt and saute for 2 minutes.

Make a thin paste of the milk powder with a little water and add this to the mixture (above) and saute for 5 minutes.

Add the cut cauliflower, add very little water, close it with a lid and cook for another 5 minutes.



Cauliflower Recipes

Kesar Gobi

Ingredients

cauliflower 1 big flower
onions chopped 2 nos.
curd/yogurt ½ cup
almond paste ½ cup
red chili powder 1 tsp.
coriander powder 1 tsp.
juice of a lime
turmeric powder ½ tsp.
cumin seed powder 1 tsp.

ginger paste 1 tsp.
garlic paste 1 tsp.
garam masala powder 1/2 tsp.
coriander chopped 1 tbsp.
saffron a few strands
oil 2 tbsp.+ to fry
salt as per taste
cashew(for paste with almonds) 1 tsp

Method

Separate the cauliflower florets. Add salt, turmeric powder and lemon juice. Mix Well.

Sprinkle gram flour and chili powder and mix well again. Deep fry.

Once half fried, strain the cauliflower florets and keep aside.

Sprinkle Garam Masala Powder over it.

For Gravy:

Chop onions finely. In a pan heat oil. Add the chopped onions and fry till light brown.

Sprinkle garam masala and mix well. Add ginger paste, garlic paste.

Mix well, stirring continuously. Put turmeric, coriander powder, cumin seeds powder, red chili powder.

Fry the masala well. Add almond and cashew paste. Cook for 2 min and add curd/ yogurt.

Mix again thoroughly. Mix fried cauliflower, salt, saffron, green coriander, sprinkle water,

Cover and cook on low flame. Serve hot with chappathis, parotas, puris.



Cauliflower Recipes

Manpasand Gobi

Ingredients

one whole cauliflower
one or two potatoes (optional)
green peas (optional)
jeera (1 tsp)
vegetable oil (1 tsp) - minimum oil is required if non stick pan is used.
salt (to taste)
coriander to garnish
for the marinade
minced ginger and garlic - 1 tsp approx or depending on your taste
turmeric powder - 1/4 tsp approx
red chilli powder - 1/2 tsp
coriander powder - 1 tsp
tomato ketchup - 3 to 4 tsp (approx)
tomato paste or plain puree - 1 to 2 tsp (approx)

Method

Separate the base of the cauliflower and cut it into big size florets by splitting action of the knife so that the pieces look like open book

Cut cubes of the potato Mix the ingredients mentioned for the marinade well in a big bowl, put the cauliflower potato and peas in the bowl and coat well with the marinade. Close the bowl and allow to rest for a maximum of 2 hrs.

Heat given oil in the non stick pan well, splutter jeera, put the marinated gobi and potato, give a good stir so that the vegetables get turned well and simmer.

Close the lid to the pan with a little vent and let the vegetables cook in the marinade juices slowly. Occasionally remove lid and give gentle stir without breaking florets.

After well cooked (avoid over cooking) add salt, mix well, taste and take out on serving dish. Garnish with coriander. The recipe is low in oil. It tastes wonderful and all the 4-5 times.