

FRESH NEW RECIPE!
LENTILS AND LEGUMES

VEGETARIAN MALAI KOFTA: COCONUT CURRY & LENTIL DUMPLINGS

HOW TO MAKE MALAI KOFTA INDIAN CURRY

Follow this recipe to make both the lentil dumplings (Kofta) and Malai Indian Curry. This creamy, dairy-free, tomato-based curry uses fresh spices, tomato, and coconut milk to simmer common and tasty vegetables that the whole family can enjoy. Our recipe features veggies like beans, onion, and sweet potato, but this curry is so flexible, you use any vegetable that you have available.

To make this recipe, combine all ingredients per our directions, and simmer until the vegetables are cooked. Serve with some hot Kofta (lentil dumplings) and you have your new comforting favorite for fall cooking!

As with most recipes, we encourage you to read through the recipe first, gather and measure your needed ingredients, then combine as instructed.

FIRST STEP. MALAI KOFTA: MAKE YOUR OWN GARAM MASALA SPICE

- 1 ¼ Teaspoon Ground Cumin
- 5/8 Teaspoon Ground Coriander
- 3/4 Teaspoon Ground Cardamom
- 5/8 Teaspoon Ground Black Pepper
- 1/4 Teaspoon Ground Cinnamon
- 1 Teaspoon Ground Clove
- 1/2 Teaspoon Ground Nutmeg

Method

1. Mix all spices in a nonreactive mixing bowl.
2. Place in an airtight container, label, date and store in a cool, dry place.

Serving size - 1 teaspoon (2g)

SECOND STEP. MALAI KOFTA: MAKE THE LENTIL DUMPLINGS

- 3/4 Cup Tap Water
- 3/4 Cup Golden Yellow Lentils, Dried
- 6 Tablespoons Tap Water
- 1 1/8 Teaspoon Sea Salt
- 3 Cups of Canola Oil for Frying

Preparation

1. Rinse the lentils and sort through them thoroughly checking for small stones.
2. Soak the lentils in water for 30 minutes, or overnight.

Method

1. Drain the lentils from the soaking water.
2. Put the lentils in a blender with 1/2 cup of water and the salt.
3. Blend on High until the lentils are completely smooth.
4. Fry the lentil dumplings by dropping spoonfuls, 1oz each, into hot deepfryer, or large sautern with hot oil heated to 350 degrees.
5. Let dumplings cook for 1-2 minutes before turning with tongs and letting them fry on the opposite side for 1-2 minutes.
6. Remove the dumplings from the fryer and place on pan lined with paper towels to cool.

Serving Size: 3 dumplings (82g)



Lentil Dumplings



Curry



Combine Lentil Dumplings & Curry

THIRD STEP. MALAI KOFTA: MAKE THE CURRY

- 2 Tablespoons Olive Oil
- 1 Large Yellow Onion
- 4 Cloves of Fresh Garlic
- 1 Tablespoon of Fresh Ginger
- 1 1/2 Teaspoon Garam Masala (from step 1)
- 1 Teaspoon Fenugreek Seed Seasoning
- 1/4 Cup Unsalted Cashew Pieces
- 4 Cups Canned Diced Tomatoes
- 2 Cups Unsweetened Coconut Milk
- 1 Teaspoon Ground Turmeric
- 1 Teaspoon Ground Paprika
- 1 Cup Fresh Green Beans, Chopped
- 1 Cup Fresh Sweet Potatoes, Diced
- 1 Teaspoon Sea Salt
- 6 Servings of Lentil Dumplings (from step 2)
- 1/4 Fresh Cilantro

Preparation

1. In a designated sanitized sink wash produce, allow to drain in a colander or strainer.
2. Prepare Garam Masala and Lentil Dumplings.
3. Peel and dice the onion.
4. Peel and mince the garlic and the ginger.
5. Peel and cut the sweet potato into medium dice.
6. Trim the ends off of and cut the green beans into 1/2 in pieces.

Method

1. Heat the oil in a heavy bottom pot over med-high heat.
2. Add the ginger, garlic, onion, and garam masala, stir and saute until edges of onions begin to brown and the spices are fragrant.
3. Add the cashews and Fenugreek seeds, cook for one more minute while continuing to stir.
4. Reduce the heat to low and pour in the diced tomatoes with the included juices. Transfer mixture to a blender and puree.
5. Return the sauce to low heat, add the coconut milk, turmeric, smoked paprika, sweet potato, and green beans. Cook on low, stirring occasionally, until the potatoes are tender.
6. Add the salt and pepper.
7. To serve place 3 lentil dumplings in a bowl and pour 12oz of the stew over the top. Garnish with chopped cilantro and serve immediately.

Serving Size: 12oz stew and 3 dumplings (390g)