

NILESH'S VEGAN RESTAURANT STYLE:

TOFU & EDAMAME BEAN KOFTA CURRY WITH TAWA CORIANDER NAAN (NO YEAST)

INGREDIENTS: (Serves 4/5 people)

KOFTA BALLS

- 400g firm tofu
- ½ onion, finely chopped
- Thumb-sized ginger, finely grated
- 1 cup frozen edamame beans, boiled and finely chopped
- 1 tbsp cumin seeds
- 1 green chilli, finely chopped
- Juice of ½ lime
- Handful of coriander, finely chopped
- 3 tbsp cornflour
- 2 tbsp breadcrumbs

TAWA NAAN

- 2 cups plain flour
- ½ cup vegan yoghurt
- ½ tsp bicarbonate soda
- ½ tsp salt
- 2 tbsp oil
- ½ tsp sugar
- 1 glass lukewarm water
- 1 cup of coriander, chopped
- ½ cup vegan margarine, melted

KOFTA CURRY SAUCE

- 2 tomatoes, finely chopped
- ½ onion, finely chopped
- 2 garlic cloves, grated
- Thumb-sized ginger, grated
- Handful of cashew nuts
- 1 tin coconut milk
- Handful of coriander, finely chopped
- 1 green chilli
- ½ lime
- 30g jaggery, grated
- Spices:
 - ❖ 1 stick cinnamon
 - ❖ 3 cloves
 - ❖ ½ tsp fennel seeds
 - ❖ 1 tsp amchor powder
 - ❖ ½ tsp red chilli powder
 - ❖ ½ tsp cumin seeds
 - ❖ ½ tsp turmeric
 - ❖ ½ tsp coriander seeds
 - ❖ 2 dry bay leaves



COOKING INSTRUCTIONS

KOFTA BALLS

1. Unpack the tofu and wrap in kitchen towel to remove excess water. Then tear small chunks of the whole block and squeeze in hand to further remove excess water. Crumble each chunk.
2. To the crumbled tofu, add the chopped onions, ginger, cumin seeds, chopped chilli and coriander.
3. Boil and drain the frozen edamame beans until cooked. Then finely chop the cooked beans and add to the tofu mixture.
4. To the above mixture, add all the other ingredients. Mix everything and knead a little until a dough-like mixture is formed.
5. Oil your hands, and roll the kofta dough into small, golf-sized balls. Place on an oven tray that has been foiled and oiled.
6. Bake the kofta balls in the oven at 180 degrees for 20 minutes, turning them occasionally.



KOFTA CURRY SAUCE

1. Roast the curry spices in a deep pan at a very low heat, constantly stirring the mixture for 2-3 minutes.
2. Grind the roasted curry spices in a blender to a fine powder and set aside.
3. In a pan, heat 1 tbsp oil and add the cashew nuts, onions, garlic, and ginger. Sauté the mixture.
4. To the cooked onion mixture, add the tomatoes and flavour with salt and pepper. Add approximately 50ml of water and let the mixture cook for 5 minutes until the tomatoes start to disintegrate.
5. Cool the above mixture and then puree in a blender.
6. Put the pureed mixture in the pan at a low-medium heat, and add the curry spices, whole green chilli and jaggery. Cook the mixture for 2-3 minutes.
7. To the above mixture, add the coconut milk and lime juice and further cook, stirring constantly until the mixture thickens. Taste to season with salt and pepper if necessary.
8. To complete the kofta curry, add the kofta balls to the curry mixture ensuring that the balls are covered with the sauce and warm before serving. Garnish with the chopped coriander.

TAWA CORIANDER NAAN

1. In a deep bowl, add the flour, salt, sugar, and bicarbonate of soda. Mix the ingredients.
2. Add oil to the mixture and combine until a crumble-like texture is achieved.
3. To the crumble-like mixture, add the yoghurt and knead to form a dough. Add lukewarm water, a little at a time, if needed. Oil the hands to avoid the mixture from sticking to the hands whilst kneading for 3-5 minutes.
4. Rest the kneaded dough in a warm place for 45 minutes.
5. After 45 minutes, the dough will have risen. Knead a little again and then separate into tennis ball sized spheres.
6. Take one ball at a time and dip the ball in plain flour to avoid it sticking. Use a rolling pin to roll into naan-shaped ovals, about ½ to 1 cm thick.
7. Sprinkle some coriander and press down with a rolling pin. Turn over the uncooked naan and roll a little again to moisten the bottom of the naan with a little water.
8. Heat a frying pan or tawa at a high temperature, then reduce the heat to medium.
9. Place naan on hot pan, with the wet side on the pan. Let it cook until bubbles start to appear.
10. Then to cook the topside of the naan, place under a grill and cook for about 2 minutes.
11. Once the naan is cooked, spread some melted margarine using a brush. It is ready to eat with the kofta curry!

SERVING SUGGESTION

