

## Cutlets

### Ingredients:

1/2 cup semolina  
1 cup hot water  
1 carrot grated  
1/2 cup peas, crushed coarsely  
1/2 cup cabbage chopped  
1 raw cooking banana, peeled and chopped fine  
1 tsp. cornflour  
4 green chillies, crushed or finely chopped  
1 tbsp coriander leaves finely chopped  
1 tsp. ginger finely chopped or crushed  
1/4 tsp. garam masala powder  
1/4 tsp. turmeric powder  
3-4 pinches asafoetida powder  
salt to taste  
oil to deep or shallow fry as desired.

### Method:

1. Boil banana pieces in water, till soft, drain, keep aside.
2. Dry roast semolina on slow flame in a heavy large pan.
3. When aroma exudes, add hot water, all prepared vegetables.
4. Add all other ingredients, except oil.
5. Stir and cook till soft lump forms.
6. Keep aside to cool till it can be handled.
7. Shape into 10 oblong or round patties, 1/2" thick.
8. Shallow fry on hot griddle or deep fry in hot oil, till golden and crisp.
9. Serve hot with chutneys or sauce.

**Making time:** 30 minutes

**Makes:** 10 patties

**Shelflife:** 1 day