

## Malai Kofta

### **Ingredients:**

#### **For koftas:**

1 cup firm paneer  
1 tbsp. malai  
2 raw bananas peeled, boiled and mashed  
15-20 cashews  
10-12 raisins, soaked in cold water for 10 minutes  
1 tsp. charoli seeds  
2 tbsp plain flour  
1 green chilli very finely chopped  
1/2 tsp. ginger powder  
1/4 tsp. salt  
oil to deepfry

#### **For curry:**

1/2 cup firm paneer  
1/2 cup thick cream or malai  
1/4 cup fresh thick curds, beaten  
1 tbsp. butter  
1/2 cup tomato puree  
1/2 cup cabbage finely shred  
1/2 cup milk  
1 tbsp. oil  
1 tbsp. plain flour  
1 tsp. charoli  
2 cloves  
1 cardamom  
1" stick cinnamon  
2-3 whole peppercorns  
3 finely crushed dry red chillies  
1/5 tsp. garam masala powder  
salt to taste  
1/2 tsp. sugar  
1 bay leaf, broken into four pieces  
1/4 cup finely chopped cabbage

#### **For garnishing:**

1/4 cup grated paneer or cheese

4-5 fresh rose petals (optional)

**Method:**

**For koftas:**

1. Squeeze out water from raisins.
2. Mix raisins, cashews, charoli seeds, malai in a small bowl.
3. Mix and mash together well, bananas, ginger, chilli, salt, flour and paneer.
4. Make pingpong sized balls with mashed mixture.
5. Make a thumb like depression in centre, place a little dryfruit mixture inside.
6. Reshape ball to cover filling from all sides.
7. Chill them in fridge for 10-15 minutes.
8. Deepfry to crisp golden just before required.

**For curry:**

1. Grind together paneer and curds. Keep aside.
2. Dry roast plain flour till very lightly fragrant and pinkish.
3. Take off fire, keep aside.
4. Heat oil add dry spices, add cabbage, stir fry till limp.
5. Add tomato puree, dry masalas, salt, sugar, bring to a boil.
6. Add curd paneer paste, stir till boil resumes.
7. Simmer, add roasted flour (dissolve in 1/4 cup water)
8. Add malai, stir till whiteness dissolves.
9. Simmer till gravy is thick and bubbly.

**15 minutes before serving:**

1. Add koftas to boiling gravy.
2. Pour into serving dish, garnish with grated paneer and rose petals.
3. Serve hot with roti, naan, kulchas or even bread.

**Note:** One may alter both malai and chillies as per taste and calories allowed, to make it as bland or hot as per individual preference.

**Making time:** 45 minutes

**Makes:** 5 servings

**Shelflife:** Before assembling 1 day refrigerated  
After assembling, best fresh