

Kofta *and* Biryani Vegetarian

Most Popular in Indian Cuisine

VAISHALI TRIPATHI



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and

Biryani

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My sincere thanks to god for your loving guidance and blessings you have bestowed upon me...

This is not the first time that I am writing any book on cookery. But for first time I am mentioning about a person who has made my life better and abandoned with love and support. A person who has taught me the code of ethics in my life. That person is none other than my great father, Girjasankar Tiwari from Palghar. 2015, on his 75th birth year, I would like to gift my few collections as part of gratitude I owe for him.

I love you Papa.

Introduction

What is kofta

‘Kofta curry’ is a dish that can be found in almost all the cuisines.

The word ‘kofta’ is actually came from the persion word ‘kufta’ which means ‘to break’. kofta properly south Asian cuisine.one can make it in both dishes vegetarian and non-vegetarian.

There are more than 200 kofta variations available in turkey alone. And normally the same kofta variations is offered in middle east and Indian restaurant.In India, kofta is great choice to taste spici of Indian flavor. Kofta normally serve in variety of spicy gravies. Kofta are normally prepared occation for dinner and wedding parties.

Kofta may be deep fried, grilled on a skewer, braised, poached in a curry or tomato sauce, sauted oil or steamed. Kofta’s balls made from ground fish or vegetables, such as potatoes, cheak peas.

Variations in kofta curry recipes – most popular in india

1-Vegetable kofta

Vegetable kofta is made with such as cauliflower, corn, peas, potatoes, french beans, carrots, cabbag onion and beetroots.

2-Malai kofta

Malai kofta is most popular north Indian dishes. It has thick creamy gravy and koftas are made up cottage cheese mixed with cornflour, bolied potatoes is mashed and malai, dry fruits, spiced a combined well together.

3-Nargisi kofta curry

Nargisi kofta curry is dish from the moghlai cuisine. This dish is popular in Uttar Pradesh[UP]. Kofta’s gravy is rich spicy saucy gravy. The name ‘Nargisi’ comes from a resemblance to a flower name.

4-Paneer kofta

Paneer kofta is delicious one of the popular north Indian dish. Paneer kofta are made of paneer stuffed with nuts and simmered in traditional Indian spicy gravy.

5-Lauki ke kofte

Lauki kofta is a popular all India, made with bottle gourd. A simple tomato based gravy is prepared with lots of spices. For kofta, bottle gourd is grated and cooked before mixing with spices and gram flour mixture. It is good for digestion system and helpful in weight loss and more vitamins and minerals.

Varieties of kofta

There are different varieties of vegetable kofta though basically it is a non vegetarian dish.

In India, lauki ke kofte and malai kofta are very popular. Indian also make kofta using paneer [cottage cheese]. In Arab countries, cylindrical shaped koftas are also found. A popular dish in Iran, called 'kufteh tabrizi' is sized huge that measure around 8 inches in diameter.

Many kofta recipes originates from different locations across the world. Such as

Traditional Turkish meatball kofta

Kofta kabab

Egyptian kofta

Indian malai kofta curry.

Main Ingredients of Koftas

- Potato
- Paneer
- Corn flour
- Fresh cream
- Onions
- Khoya
- Tomatoes

How to make better kofta

- If you want to serve kofta gravy in different way, keep gravy and kofta separately. Take three or four kofta balls in a bowls and pour two or three table spoon of gravy on top, garnish with grated paneer or cheese, coriander leaves and serve hot.
- You can also use milk instead of curd, add milk with normal temperature in gravy and stir continuously.
- If balls [kofta] break when you put them in oil, add 1-2 table spoon of corn flour or bread crumb in dough, Mix well and roll them again and then fry.
- Instead of white gravy, you can prepare red onion, tomato makhani gravy.
- You can even add boiled mashed peas, carrots and French beans to kofta mixture.
- Healthy reason to avoid the use of cream or butter and using low fat or skim milk in its place; using paneer made out of the same milk.
- You can avoid use of high quantity of cashewnuts and making the gravy with only poppy seeds and tomato, onion as base are some of the ways by which fat, cholesterol, calories reduction can be effected.
- In other way using only potato in the outer layer, some grated cabbage and carrots may be added after lightly seasoning.
- Kofta can be grilled using olive oil till both side golden brown, if you want to avoid frying.

Introduction of Biryani

Biryani actually based on rice dish made with spices, vegetarian and non-vegetarian. It is believed that Biryani invented in Moghal samrat.

The name is which means 'fried' or 'roasted'. Biryani means fried before cooking. Different spellings include Biryani, biriyani, buriyani, beriyani etc.

Biryani is very popular in south Asia and is an important part of South Asian Cuisine. Kolkata, Hyderabad, Malabar, Delhi, Agra, Lucknow, Kashmir, Karachi, Dhaka and Lahore are the main centres of Biryani cuisines.

In India, there are three main Biryani namely Awadhi Biryani [Lucknow], Kalkatta Biryani and Hydrabadi Biryani.

What is Biryani

Biryani is one dish meal include of layering one by one cooked rice and cooked vegetables, curry meat or chicken in a heavy bottom, before baking it in the oven or dum in gas.

Biryani is popular in India and most popular in north India. Biryani can be made with non-vegetarian and can also be made as a vegetarian.

Biryani is found on the menus of almost every restaurant, wedding or food event and is considered to be one of the most tasteful dishes to come out of the sub-continent regions of India and Pakistan.

History of biryani- how biryani came to India]

Biryani became a classic dish of South Asian cuisine. Biryani was first created by the Moghals to serve the army as it was very difficult to make rotis or parathas to cater to the need of many army men. It is told that Biryani came from an Arab trader called 'Taimur Lang', brought it down from Kazakhstan via Afghanistan to northern India.

Another story about its origins has, it is told that Mumtaz Mahal, wife of Shahjahan, invented this dish as a 'complete meal' to feed the army.

However some say that, Biryani is not an Indian dish. It was brought to India by Moghul Emperor.

So you can see that there are many stories about the history of Biryani. And it's amazing to know how this dish became quite popular from one place to another.

Traditional biryani

Traditionally rice was fried before boiling. It would be fried in ghee, and then cooked in boiling water. The frying process gave the rice a nutty flavor and it burned the outside starch layer gelatinizing it.

Difference between biryani, pulao and tehri

- In Biryani, both the meat or vegetables and rice are cooked separately and then they are layered and baked during cooking.
- In Pulao, the meat or vegetables and rice are stirred before cooking and both are cooked together without any layer formation.
- In Tehri, it is a vegetarian dish prepared by cooking rice with potato, other vegetables may also be added to it. It is common in Uttar Pradesh in India.

What is 'dum' cooking or 'dum pukht'

Dum pukht is a technique of cooking in steam by not allowing the steam to pass. This actually means cooking of the steam. Dum means steam and dum pukht means to choke off the steam.

The food is kept in a sealed container-usually clay pots [also known as handi in India] which are sealed tightly with wheat flour dough [atta]. This does not allow the steam to pass, because the steam creates flavor and aroma of its own herbs and spices in the food. Dum pukht is popular in Awadhi cuisine.

Variety of biryani-regional biryani of India

Biryani is a very popular food dish in India as there are many different types of 'Biryani' in India.

1-Hydrabadi Biryani

The most popular and basic type of Biryani is Hydrabadi Biryani. There are a number of variations of this Biryani with a number of ingredients. One of the most kinds of Hydrabadi Biryani is 'Kachcha Biryani'. The blending of Moghal and Andhra cuisines in the kitchen of the Nizam [leader of the historical Hyderabad state], resulted in a dish called Hydrabadi Biryani.

Hydrabadi Biryani is of two types, the Kutchhi Biryani [raw] and the Pakki Biryani [cooked].

To make this Biryani, first mutton is marinated in all spices including, raw papaya and then prepared in dum with parboiled rice.

There is also a vegetarian version of the Hydrabadi Biryani in which the place of the meat is taken by a mixture of vegetables such as peas, carrots, cauliflower and potato. The vegetarian version is called 'Tarkari Biryani'.

2-Awadhi Biryani [Lucknow Biryani]

Lucknow, known as Awadh.

In olden times it was home for the Moghals when they ruled between 1800 to 1900. These Moghals came up with the famous 'Awadhi Biryani' which is popular in India.

Lucknow and Biryani have an almost symbiotic relationship. The Awadhi Biryani is also known as 'Pakka Biryani', which is generally made with chicken.

3-Kolkata Biryani

It was made popular when it reached to the poor class of Kolkata. The meat was not affordable to the people so that they used potato in Kolkata Biryani. Now potato is considered as a side element of Kolkata Biryani.

4-Bombay Biryani

Bombay Biryani is the most popular one of them in the world. It is made with chicken and mutton.

5-Memoni Biryani

It is developed by the Memon ethnic group and is very similar to Sindhi Biryani.

6-Delhi Biryani

Delhi Biryani is another kind of Biryani, which was said to be a favorite of Moghal Emperor Bahadur Shah Zafar.

The meat is cooked directly in Delhi Biryani.

7-Malabar Biryani

It is believed to be brought across the Indian Ocean by Arab seafairers.

8-Vaniyambadi Biryani

It is a town in the state of Tamilnadu; where Biryani came along with the Nawabs of Arcot. It is pure a Moghal dish.

9-Dindigul Biryani

It is originated from Muslim populations. Dindigul is a major commodity market for agricultural produce and a confluence of farmers from neighbouring district to sell their produce to wholesale mandis.

10-Kashmiri Biryani

Its origin can be found first with 'Kashmiri bhuna ghost' ki Biryani; which is the result of Moghal Emperors frequent visit to Kashmir.

How to make perfect biryani

- Always use first quality basmati rice. Use plenty of water to half cook the rice. Add some oil in water while boiling the rice. This will help you to keep rice separated. Add whole cardamom, cinnamon, cloves, bayleaves, cumin seeds along with the rice.
- Always use fresh ingredients onions, ginger, garlic, green chillies, coriander leaves, mint leaves and curry leaves. When making the 'barista' [fried onion] keep stirring onions, so that they get evenly browned.
- Marinate the chicken, mutton or vegetables overnight in the refrigerator so that all the flavor will get into it. Shallow fry the marinate items before combining it with the masala.
- If you burn the Biryani, turn off the heat immediately. Transfer the good portions into a different dish and add dried lemon to balance out the change flavor.

Layering the biryani step by step

- Take a heavy bottom pan with a lid
- Take some melted ghee and grease the bottom of the pan with it
- Then put a layer of rice
- Then a layer cooked vegetables or meat
- Followed by a layer of fried onions
- Then a layer of chopped coriander leaves
- Repeat and finish off with the rice layer
- Sprinkle the fried onion, cashewnuts and other nuts
- Pour the saffron milk on top
- Also pour some ghee down the side of the pan
- Seal the lid by sticking it with some atta dough before placing the lid
- Place this pot on a very low flame, or place this pot on top of another flat pan or tawa
- Leave for 1 hr

☛ Serve with raita.

Note

I write vegetarian cook books only, but because of Biryani's history is linked with non-vegetarian, has also been mentioned in this book.

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KOFTA

Potato Kofta Curry

Ingredients

FOR KOFTAS

- 5-6 big potatoes, boiled and mashed
- 2 onions chopped finely
- 2 green chillies chopped
- A few coriander leaves chopped
- Salt to taste
- 1 table spoon ginger-chilli paste
- 1 cup gram flour
- Water
- Oil to fry

FOR CURRY

- 1\2 coconut
- 1 big onion sliced
- 3-4 flaks garlic
- 2 table spoon poppy seeds
- 2 medium tomatoes chopped
- 1\4 table spoon turmeric powder
- 1 table spoon chilli powder
- 1\2 table spoon kashmiri chilli powder
- 1 table spoon oil
- A few chopped coriander leaves

Method

FOR KOFTAS

- In a bowl, mix boiled and mashed potatoes, chopped onion, green chillies, coriander leaves, salt to taste and ginger chilli paste, mix well. Shape into balls, keep aside.
- Make a gram flour batter, dip the ball in the batter and deep fry, keep aside.

FOR GRAVY

- Grind to a fine paste with chilli powder, coriander powder, turmeric, onion, garlic
- Grind coconut and poppy seeds separately.
- In a pan, heat oil, add slice onion and fry till golden brown, add ground Masala, fry well in slow flame.

- Now add chopped tomatoes, cook for a 5 minutes, add a little water, mix well.

- Add poppy seeds with mixed in 1 cup water, cook in slow flame for a 5 min.
- Then add ground coconut mixed in another 1 cup of water, bring to a boil, add salt, add koftas, boil for 2 min.
- Serve hot with garnish coriander leaves.

Dahi Kofta Curry

Ingredients

FOR KOFTAS

- 3 cup thick curd
- 1 cup gram flour
- 1\2 cup dry fruits [like cashewnuts, almond, raisins, pistachios] finely chopped
- 1 small piece of ginger
- 1\2 table spoon garam Masala
- 1\2 cup coriander leaves
- 1\2 table spoon chilli powder
- Salt to taste

FOR CURRY

- 4 tomatoes make pureed
- 3 pinch of turmeric powder
- 1\2 table spoon kashmiri chilli powder
- 1\2 coconut
- 1 table spoon coriander powder
- 1\2 table spoon cumin powder
- 1\4 cup chopped coriander leaves
- Salt to taste
- 2 onions
- 6 garlic flakes
- 2-3 table spoon ghee

Method

FOR KOFTA

- Grind together dry fruits, ginger, coriander leaves to a fine paste, mix with garam Masala, salt to taste, keep aside.
- Put curd in cloth and tie loosely, hang the bag for 1 hr to make all the water remove it.
- In a bowl, mix hang curd, gram flour, ground paste, salt to taste and chilli powder, mix well. Make a smooth dough.
- Make a small ball, heat oil, fry the ball both side of golden brown, keep aside.

FOR CURRY

- Grind together onion, coconut, garlic to a fine paste.

- Heat ghee, add kashmiri chilli powder, add the ground paste, fry well, add tomato puree, all dried Masala powder, mix well, cook in slow flame till ghee is separate.
- Now add 2 cups of water, cook for a 5 minutes, now put in koftas, boil for another 5 minutes in slow flame.
- Garnish with coriander leaves.

Raw Banana Kofta Curry in Maharashtiyani Style

Ingredients

FOR KOFTA

- 4-5 raw banana peeled and boiled
- 1 table spoon cream
- 1\2 cup gram flour
- 1\2 table spoon chilli powder
- 1\2 table spoon peanuts roasted and crushed
- Salt to taste
- Oil to fry

FOR CURRY

- 2 Onion chopped finely
- 6-7 garlic flakes
- 4 dry whole red chillies
- 1 table spoon garam Masala
- 1 cup curd beaten well
- 2 table spoon poppy seeds soaked
- Salt to taste
- 1\2 table spoon kashmiri chilli powder
- 1\2 cup coconut milk
- 1\4 table spoon turmeric powder

METHOD

FOR KOFTA

- Mash the boil banana and mix with salt, gram flour, cream, peanuts, chilli powder, make smooth dough, make a small balls
- Heat oil, fry ball both side till golden brown, keep aside.

FOR CURRY

- Grind together poppy seeds, red chillies, garlic to a fine paste
- In a heavy bottom, heat oil, fry chopped onion, ground Masala, stir well
- Add beaten curd, coconut milk, mix well, add turmeric powder, garam Masala, stir it, cook in slow flame for a few minutes.
- Now add 2 cup of water and salt to taste, cook in slow flame.
- Add fried koftas and cook a minute

☛ Garnish with coriander leaves.

Moogachya Daalichi Kofta Curry in Maharashtiyan Style [Split Gram Ball in Maharashtiyan Sauce]

Ingredients

FOR KOFTA

- 2 cup moong [split gram], soaked in overnight
- A pinch of sodium bicarbonate
- 3-4 green chillies
- 1 small piece ginger
- A few coriander leaves
- 1\2 table spoon cumin powder
- 1\2 table spoon coriander powder
- Salt to taste
- Oil to fry

FOR CURRY

- 2 onions
- 2 tomatoes
- 1\4 cup curd
- 1\4 table spoon turmeric powder
- 1 table spoon coriander powder
- 1\2 table spoon kashmiri chilli powder
- 1\2 table spoon cumin powder
- 1 table spoon garam Masala
- A pinch of asafoetida
- Salt to taste
- Coriander leaves for garnishing

Method

FOR KOFTA

- Soak the dal for atleast 2 hours
- Drain and grind to a fine paste into a mixture.
- Now add ginger and chilli paste, mix well, add salt, a pinch of soda, cumin powder, turmeric and coriander powder, mix well.
- Make a small balls and deep fry in hot oil till both side golden brown, keep aside.

FOR CURRY

- Mix the curd with Masala, turmeric, coriander powder, mix well.
- In a pan, heat oil, add chopped onion, fry for a minute, now add chopped tomatoes, mix well, fry for a minute.
- When oil is become out, add the curd mixture and 3 cups of water.
- Boil and cook in medium flame, add fried kofta and garnish with coriander leaves.

Cheese Kofta Curry [4-5 Persons]

Ingredients

FOR KOFTA

- 100 gms cheese
- 1\2 cup gram flour

FOR CURRY

- A pinch of turmeric
- 1\4 table spoon chilli powder
- A small piece ginger
- A pinch of sodium bicarbonate
- 1 table spoon curd
- A pinch cumin powder, chilli powder, coriander powder
- 3 big tomatoes, chopped finely
- 2 onions chopped finely
- 4 green chillies, chopped
- Salt to taste
- A few coriander leaves
- Oil

Method

FOR KOFTA

- Cut the cheese into cubes.
- Make a thick batter with gram flour, soda, water and salt.
- In a pan, heat oil, dip cheese in batter and deep fry till both side golden brown.
- Now drain and put into prepared curry. cook for a few minute.
- Add beaten curd and mix well.
- Serve hot, garnish with coriander leaves.

Lauki Ke Kofte In Rajasthani Style [Bottlegourd Dumpling in Spicy Gravy]

Ingredients

FOR KOFTA

- 200 gm lauki
- 2 medium onions
- 1 cup gram flour
- 3 green chillies
- 1 small piece ginger
- 1\2 cup coriander leaves
- Oil to fry

FOR CURRY

- 4 medium size tomatoes
- 2 medium size onions
- 1 table spoon kashmiri red chilli powder
- 1\2 table spoon turmeric powder
- 1 table spoon coriander powder
- 1\4 table spoon cumin powder
- 1\2 table spoon garam Masala
- 1 table spoon ginger garlic paste
- Salt to taste.

Method

FOR KOFTAS

- Peel and grate bottlegourd
- Chop fine green chillies, ginger, coriander leaves and onions
- Mix with grated gourd, gram flour and salt, make balls.
- Heat oil, deep fry the balls both side golden brown and set aside.

FOR CURRY

- Slice onion, chop tomato
- Heat oil, add sliced onion and fry till golden brown
- Add all Masala with ginger garlic paste, fry till oil comes out.
- Then add tomatoes, salt, stir well, add 4 cup of water, mix well

➤ Bring to a boil, simmer till gravy is thick, add fried koftas, bring to a boil, add garam Masal
garnish with coriander leaves.

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