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Gobi manchurian dry baked

Video Recipe for dry healthy manchuria gobi that is baked and not fried. This recipe for baked Gobi Mancuria is made with just a tablespoon of oil. Try it at home. A very simple and delicious gobi manciuria recipe. Gobi Manchurian is usually a standard order for many of us when we go to Indo-Chinese restaurants. Gobi Manchuria is made by frying cauliflower (roasted) which is then thrown into a spicy, sweet and sour sauce. While it's not healthy to consume it often, this healthy baked version of the baked Mancuria gobi can satisfy cravings while being healthy at the same time. This dry, oven-friendly gobi manciuria recipe uses just a tablespoon of oil. Cauliflower is coated in a batter and then cooked. Baked cauliflower is then thrown into a super delicious gobi manciuria sauce. Try this healthy homemade gobi manchuria at home Click on the link below to find more cauliflower recipes on the site. Cauliflower recipes If you're looking for a traditional way to make gobi manciuria (the fried version), check out the link below. Traditional Recipe of Gobi Manchuria Here are some of the things used to make Mancuria gobi baked. Click on the link below to buy them online. Teakwood Cutting Glass Bowl Large Choline Bowl / Colander Whisk Parchment Frying Pan Unbleached Maida Soy Sauce Tomato Ketchup Red Chili Sauce (Hot Sauce) Apple Cider Vinegar Pink Salt Here is the video recipe of how to make healthy dry recipe gobi manciuria baked. Here are the step-by-step images of the dry recipe gobi manciuria baked. First we whiten the cauliflower. Cooking cauliflower without bleaching makes it very dry. Then always blanch the cauliflower while making the gobi manciuria in the oven. Cut the Cauliflower into cimette. Make sure that the cimettes are not too small and that all the cimettes are of similar size, then cook evenly in the oven. Bring a kettle/pan to a boil. Add a little turmeric and salt. Add the cauliflower to the kettle/pan. Boil for 5 minutes. After boiling, strain and set aside. The Gobi in the Mancurian gobi part is now prepared and ready. Now we're going to do a cauliflower coating for our baked Gobi Mancuria. Take a bowl and add the corn starch, maida and rice flour. Add the black pepper powder, salt and a little baking powder. Baking powder will help well brown and crispy cauliflowers in the oven after toasting. Add a little water to the flour mixture and make a very thick batter. Add the blanched cauliflower to the batter and churn well to coat. Make sure all the water is completely drenated by the cauliflower. If the batter has sprinkle a few tablespoons of corn starch and turn off. The batter should coat the cauliflower well. Take a parchment-lined baking tray and place the cauliflower cimettes. Parchment is essential as it cimettes stick to the pan. Cook the cauliflower in a preheated oven at 200 Celsius for 25 minutes. Turn the cauliflower cimettes once after 15 minutes so that they are evenly roasted. After 25 minutes the cauliflower must be perfectly roasted and crispy. Set aside the baked roasted cauliflower on a bowl. Now let's make a sauce for our baked gobi Mancuria Take a pan and add the peanut oil. Add the chopped garlic and ginger. Jump for a few seconds. Add the diced onion and capsicum. Jump for a minute. Do not cook for long. We need the vegetables to keep their creaking in the Mancurian gobi. Add the soy sauce, tomato ketchup, red chilli sauce, vinegar, salt, sugar and black pepper powder. Jump for a minute. Add a few tablespoons of water to dilute the sauce. Let the sauce cook for a couple more minutes. Add the baked roasted cauliflower cimettes to the pan. Snoic well to coat. Super delicious and super healthy oven baked gobi manciuria/ cauliflower manchuria is ready. Print icon watch cutlery icon icon icon icon icon icon icon pinterest icon facebook icon print icon square icon Video recipe for healthy Gobi Dry Manchuria that is cooked oven and not fried. Made with just a tablespoon of oil Try it at home. A very simple and delicious gobi manciuria recipe. Scale 500 grams cauliflower cimette 1 teaspoon salt 1 teaspoon turmeric powder 1/4 cup corn starch 1/4 cup maida (flour for all uses) 1/4 cup rice flour 1/4 cup rice flour. 1/2 teaspoon salt 1/2 teaspoon black pepper powder 1/4 teaspoon baking powder 1 teaspoon peanut oil 1 teaspoon chopped garlic 1 teaspoon chopped ginger 1 teaspoon chopped ginger 1 teaspoon chopped ginger. 1/2 cup diced onion 1 capsicum, 2 teaspoons soy sauce 2 tablespoons tomato ketchup 1 teaspoon red chilli sauce 1/2 teaspoon plain vinegar. 1/2 teaspoon black pepper powder 1 teaspoon sugar 1/4 teaspoon salt (optional) 1/4 cup spring onion to garnish First let's blanch the cauliflower. Cut the Cauliflower into cimette. Make sure that the cimettes are not too small and that all the cimettes are of similar size, then cook evenly in the oven. Bring a kettle/pan to a boil. Add a little turmeric and salt. Add the cauliflower to the kettle/pan. Boil for 5 minutes. After boiling, strain and set aside. Take a bowl and add the corn starch, maida and rice flour. Add the black pepper powder, salt and a little baking powder. Baking powder will help well brown and crunchy cauliflowers in the oven the toasting. Add a little water to the flour mixture and make a very thick batter. Add the blanched cauliflower to the batter and churn well to coat. Make sure all the water is completely drenated by the cauliflower. If the batter has thinning, sprinkle a few tablespoons of corn starch and turn away. The batter should coat the cauliflower well. Take a parchment-lined baking tray and place the cauliflower cimettes. Parchment is as essential as otherwise they stick to the pan. Cook the cauliflower in a preheated oven at 200 Celsius for 25 minutes. Turn the cauliflower cimettes once after 15 minutes so that they are evenly roasted. After 25 minutes the cauliflower must be perfectly roasted and crispy. Set aside the baked roasted cauliflower on a bowl. Take a pan and add the peanut oil. Add the chopped garlic and ginger. Jump for a few seconds. Add the diced onion and capsicum. Jump for a minute. Do not cook for long. We need vegetables to maintain their crisis. Add the soy sauce, tomato ketchup, red chilli sauce, vinegar, salt, sugar and black pepper powder. Jump for a minute. Add a few tablespoons of water to dilute the sauce. Let the sauce cook for a couple more minutes. Add the baked roasted cauliflower cimettes to the pan. Snoic well to coat. Super delicious and super healthy oven baked gobi manciuria/ cauliflower manchuria is ready. I'm Suguna Vinodh aka Kannamma. I love South Indian food and I am passionate about cooking. My favorite things include my Wusthof knife, coffee, ilayaraja, Tamil and beaches. I love Jacques Pepin and Julia Child. Connect with me: FacebookInstagramTwitter Baked Gobi Manchurian is a healthy and delicious vegetarian appetizer where marinated cauliflower is cooked and sautéed with manchuria sauce. I prepared this baked Gobi Mancuria in a dry version if you want saucy, then add 1 tablespoon of cornflor with 1 cup of water to the cooked sauce and let it cook for about 3-4 minutes and then add the cauliflower to the oven to get the baked Mancuria Gobi. Since I am a lover of Indo-Chinese food I love gobi manciuria and since it is fried I only do it once a month ☺ but later I thought I would try the baked version so I can eat without any guilt ☺ and to my surprise also as far as taste is concerned I got that crispy coating ☺☺ but the only important part is to prepare the Manchuria sauce since the Taste totally depends on the measurement of the sauce, then add it carefully. Just taste the sauce if you find the taste good, so it's fine, otherwise add more to make up for your taste. This recipe takes a large amount of time but is worth it when it comes to tasting :). This dish goes well with schzewan rice or chow mein or noodles or you can simply have it as an appetizer with any ☺... You can also check out healthy recipes Orange cauliflower, cauliflower wings, baked green bean fries Now, if you don't want to use the sauce, you can add chilli powder, salt, oats powder, pepper powder, garlic powder, cauliflower powder and soak it with milk and bread crumbs, then cook for about 400F in 40 minutes and serve crispy cauliflower as a healthy starter. Trust me it tastes good without hot sauce and ☺ post it soon! Evaluations of 18436. Ingredients Main ingredients 1 Cauliflower (gobi), cut into lemon-sized gobi manciuria sauce 1/2 cup Spring Green onions, chopped 6 cloves cloves , finely chopped 2 green chillies, finely chopped 2 inches Ginger, finely chopped 2 tbsps cornflour 1/2 cup Water or vegetable broth 1/2 cup homemade tomato puree 1 tbsps soy sauce 1 tbsps tomato ketchup 1 tbsps red chilli sauce. ((Asian style) 1 teaspoon sunflower oil 1 tablespoon sunflower oil How to prepare the recipe of baked gobi manchuria - Healthy recipe of cauliflower Manchuria To start preparing the recipe of baked Gobi Manchuria, first we will steam the cauliflower in the steamer for 3-4 minutes over high heat. Prepare the steamer with water below, add the gobi to the steamer and steam over high heat for 3-4 minutes. The gobi should only be half cooked. Once done, remove it from the steamer and keep aside. The next step is to prepare the gobi manchuria sauce in the bowl, add the cornflor, soy sauce, ketchup, chilli sauce, tomato puree and water. Mix well to combine. Heat the oil in a wok or pan over high heat; add garlic, ginger, green chillies, spring onions and stir fry for a few seconds. Add the cornflor mixture to the above and cook for a few minutes until the cornflor is cooked. Turn off the heat. Toss the cauliflower partially steamed with the Manchuria sauce and snodi well to combine. Put the Gobi Manchuria in a baking tray, to prepare it for cooking. Preheat the oven to 200 C for 10-12 minutes. Once preheated, place the Mancuria gobi in the oven and climb high for 12-15 minutes. You'll notice that manchuria will start to get crispy and the sauce will start sticking to the Gobi.Once done, remove the baked Gobi Manchuria, transfer it to a serving dish. Garnish with onion leaves and extra green chillies if you like spicy. Serve the baked gobi Manchuria recipe with toothpicks on top of each cimette and serve it as an appetizer for your feasts along with many other vegetarian Hakka noodles. The last change was made on March 26, 2018 at 12:55 p.m.