



We've arrived at 'K' in our Vegetarian Alphabet for fun gig. So Koftas seemed like fun. This is a totally made up recipe, but all recipes were made up by somebody at one time or another.

Ingredients:-

100g of Mung Beans
100g of Brown Lentils
Gram Flour
Dried Parsley
1 medium Onion, finely chopped
Ground Coriander
Cumin
Chilli powder
Garam Masala
2 cloves of Garlic, grated
Dried Ginger
Salt & Pepper
Oil to grill
1 tsp of Bicarbonate of Soda

Method:-

- (1) Soak the Mung Beans and Lentils overnight
- (2) Drain and rinse and boil with the Bicarbonate of Soda for 20 minutes.
- (3) Drain again and set aside to cool.
- (4) Mix the Gram Flour, Parsley, Onion, Coriander, Cumin, Chilli powder, Garam Masala, Garlic,

Dried Ginger and Salt & Pepper in a large bowl.

(5) When the Beans and Lentils have drained and cooled pulse them a couple of times in a blender. You are looking for something slightly lumpy. Not a mush!

(6) Mix everything together and add Gram Flour if required so that you have a consistency which you can form around a skewer.

(7) Form around skewers to make your Koftas about an inch (2.5cm) thick.

(8) Grill or Griddle turning regularly until your Koftas browned on all sides and heated through.

We served ours on a bed of boiled Rice with a Yogurt, Mint and Cucumber dip, Plum and Ginger Chutney, plus Coleslaw.