

Recipes By Suntala Didi

❖ VEGETABLE CUTLET

Ingredients

Oil for shallow frying	
Oil	3 tbsps
Onion, finely chopped	½ cup
Cooked rice	2 cups
Green chillies, finely chopped	
Coriander leaves, finely chopped	2 tbsps
Walnuts, finely chopped	1 cup
Soft breadcrumbs	1 cup
Eggs	2

Method

1. *Heat oil in a small pan and saute onions.*
2. *Add chillies, coriander leaves, salt and fry for one minute and remove from fire.*
3. *Now combine rice, walnuts, breadcrumbs and the fried ingredients in a large bowl.*
4. *Set aside for half an hour.*
5. *Add eggs and mix well.*
6. *Make 5 cutlets and shallow fry until firm and brown on both sides.*

Now it is ready to serve. Serve with pickles or tomato ketchup.



❖ CUCUMBER RAITA

Ingredients

<i>Grated cucumber</i>	<i>2 cups</i>
<i>Finely grated ginger</i>	<i>½ cups</i>
<i>Crushed flake garlic</i>	<i>1</i>
<i>Cumin seeds, roasted and powdered</i>	<i>½ tsp</i>
<i>Fresh curd</i>	<i>1 cup</i>
<i>Salt to taste</i>	

Method

- (a) Sprinkle a teaspoon of salt over the grated cucumber and chilli. Soak for an hour.
- (b) Squeeze out the excess water.
- (c) Beat curd well and add ginger, garlic, cumin powder and cucumber. Mix well.

Now it is ready to serve. Add more salt if necessary.

