



x



# VEG KEBAB RECIPE CARD





## VEG SEEKH KEBAB



### TOOLS REQUIRED

- BOWLS
- KNIFE
- SPATULA
- GRILLER
- SATAY STICKS(THICK)/SKEWERS
- MIXER GRINDER
- SILICON BRUSH
- SAUCEPAN



<u>FOR KEBAB</u>		<u>COSTING (in ₹)</u>	<u>NO. OF PORTIONS:</u>
			3
<u>INGREDIENTS</u>	<u>QUANTITY</u>	<u>PRICE</u>	
Carrot	50 g	3	
Cabbage	100 g	10	
Peas	60 g	16	
Onion	80 g	4	
Beans	30 g	3	
Boiled Potato (medium sized)	2-3 nos.	10	
Ginger (chopped)	Small piece	2	
Green chilli(chopped)	2-3 pc	1	
Garlic (chopped)	3-4 cloves	2	
Coriander leaves	Accordingly (fistful)	5	
Lemon juice	½ lemon	2	
Cashews	40 g	44	
Paneer	50 g	14	
Coriander powder	1 tsp	1	
Cumin powder	½ tsp	1	
Garam masala	½ tsp	1	
Crushed black pepper	½ tsp	1	
Cumin seeds(jeera)	½ tsp	1	
Salt	accordingly	1	
Red chili powder(Kashmiri)	1+1/2 tsp	1	
Chaat masala	1 tsp	1	



Bread crumbs	6-7 bread pieces	10	
Besan	4 tsp	5	
Ghee	2 tsp	5	
<b>TOTAL</b>		<b>₹ 134</b>	<b>INSTRUCTIONS</b>

**METHOD**

1. In a saucepan, take heat the ghee and saute cumin seeds(jeera).
2. Add chopped onions, ginger, garlic and green chillies and continue to saute.
3. Now add besan and roast it for a minute.
4. Mix in all the vegetables (except potato) and saute.
5. Transfer this mixture to a food processor along with coriander leaves and cashews.
6. Grind and blend them into a coarse paste.
7. Now transfer this into a mixing bowl.
8. Add boiled potatoes, spices, salt and lemon juice. Mix this well
9. Mix in the bread crumbs and combine.
10. Make a ball from the mixture and insert it into a greased skewer/sate sticks. Give shape.
11. Place the kebab on griller greased with some ghee. Rotate and sticks and cook from all sides evenly.
12. Serve hot with chutney and masala onions.

Grease the griller with ghee before putting kebabs

<b><u>FOR GREEN CHUTNEY</u></b>		<b><u>COSTING (in ₹)</u></b>	<b><u>NO. OF PORTIONS:</u></b>
<b><u>INGREDIENTS</u></b>	<b><u>QUANTITY</u></b>	<b><u>PRICE</u></b>	
Coriander leaves	100 g	30	
Mint leaves	50 g	10	
Garlic	5-6 cloves	5	
Ginger	1 inch	2	
Green chillies	5 nos.	3	
Salt	accordingly	1	



Lemon juice	1 lemon	3	
Black salt	½ tsp	1	
Chaat masala	¼ tsp	1	
Ice(if needed)	accordingly	-	
<b><u>TOTAL</u></b>		<b>₹ 56</b>	

**METHOD**

1. In a mixer grinder, take all the ingredients and blend.
2. Make sure to blend finely and no chunks/lumps are there.

<b><u>FOR MASALA ONIONS</u></b>		<b><u>COSTING (in ₹)</u></b>	<b><u>NO. OF PORTIONS:</u></b>
<b><u>INGREDIENTS</u></b>	<b><u>QUANTITY</u></b>	<b><u>PRICE</u></b>	
Onion	1 nos.	3	
Chaat masala	½ tsp	1	
Salt	Accdn to taste	1	
Red chilli powder(Kashmiri)	1 tsp	1	
Lemon juice	½ lemon	2	
Black pepper powder	½ tsp	1	
<b><u>TOTAL</u></b>		<b>₹ 9</b>	
<b><u>METHOD</u></b>			
Slice the onions evenly. Add the spices and lemon juice and toss them.			

\*\*cost given is an approximate figure. It can vary for different cities and vendors