



[www.ethnicvegan.com](http://www.ethnicvegan.com)

## Kofta Balls

Ruth and Sue slaved over a hot stove to perfect this labor-intensive recipe. (Yes, it takes a while, but it's worth it. Even the leftovers are delicious!) Feel free to substitute 1 cup sliced carrots for the yam or the cauliflower. Too much kofta ball batter? You can use the leftover batter for soup, along with the cooking liquid from the vegetables. You'll find the chickpea (gram) flour, garam masala, and asafetida at an Indian grocery store or well-stocked supermarket.

### **Tomato sauce:**

- 2 15-ounce cans diced tomatoes
- 1 6-ounce can tomato paste
- 1 cup water
- 2 tsp. garam masala
- 1/2 tsp. asafetida

Place all ingredients in large saucepan over medium heat. Stir well. Keep warm until kofta balls are ready.

### **Kofta balls:**

- 1 small yam, peeled and chopped
- 2 medium white potatoes, peeled and chopped
- 1 cup cauliflower
- 1 14-ounce can vegetable broth
- 1 14-ounce can green peas
- 1 cup chickpea (gram) flour
- 1/4 tsp. baking powder
- 2 tsp. garam masala
- 1 tsp. fresh ginger, minced
- 1/2 tsp. salt
- Dash of pepper

Olive oil for frying

1. Place yam, potatoes, and cauliflower in a large cookpot with vegetable broth. Add water to cover; bring to a boil. Reduce heat and simmer for 1 hour.

2. Drain vegetables, saving water for tomorrow's soup. Add peas and mash until well blended. Add flour, baking powder, and spices, and stir to combine.
3. Drop golf-ball size lumps into a few tablespoons of olive oil and fry until brown, about 3 minutes per side. (Partially cover the pan to reduce the mess.) Place cooked kofta balls into tomato sauce; mix gently.
4. Serve over rice or fresh linguini.