

Cabbage Manchurian Recipe – Restaurant Style Veg Manchurian Gravy

Cabbage Manchurian is a delicious Indo-Chinese dish made with crispy cabbage balls coated in a flavorful, tangy gravy. Learn how to prepare this restaurant-style recipe at home.



Prep time
15 minutes

Cook time
20 minutes

Total time
35 minutes

Servings
4

Calories
250 kcal

Ingredients

Cabbage (finely chopped)	1 cup
All-purpose flour (Maida)	2 tbsp
Cornstarch	2 tbsp
Black pepper powder	¼ tsp
Salt	¼ tsp
Ginger-garlic paste	A little
Oil	As required for frying
Ginger (finely chopped)	As required
Garlic (finely chopped)	As required

Green chili (finely chopped)	As required
Cabbage (finely chopped)	2 tbsp
Onion (chopped)	1 medium
Capsicum (chopped)	½
Red chili sauce	1 tsp
Soy sauce	½ tsp
Tomato sauce	1 tsp
Green chili sauce	1 tsp
Vinegar	1 tsp
Water	1 ½ cups
Ginger (finely chopped)	For garnishing
Fresh coriander leaves	For garnishing

Method

1. Finely Chop the Cabbage

First, take one cup of cabbage and wash it thoroughly. Next, finely chop the cabbage using a vegetable chopper. If you do not have a chopper, you can also grate the cabbage. Make sure the cabbage is finely chopped, as this helps the Manchurian balls hold their shape.

2. Prepare the Manchurian Ball Mixture

Transfer the finely chopped cabbage to a large mixing bowl. Add two tablespoons of all-purpose flour and two tablespoons of cornstarch. Next, add ¼ teaspoon of black pepper powder, ¼ teaspoon of salt, and a little ginger-garlic paste. Mix everything thoroughly using your hands. Gently press the cabbage while mixing to release its natural moisture. Do not add extra water to the mixture, as the cabbage will release enough moisture after adding salt. Continue mixing until all the ingredients are well combined.

3. Shape the Manchurian Balls

Take small portions of the prepared cabbage mixture and shape them into medium-sized round balls using your hands. Make sure the balls are not too large, as smaller balls cook more evenly. Continue shaping the remaining mixture until all the Manchurian balls are ready. Place them on a plate and keep them aside.

4. Fry the Manchurian Balls

Heat enough oil for frying in a deep pan over medium heat. Once the oil is moderately hot, carefully add the prepared Manchurian balls. Reduce the heat to medium-low and fry them slowly. Turn the balls occasionally to ensure they cook evenly from all sides. Fry them for approximately four to five minutes, or until they become golden brown and crispy. Avoid frying them over high heat, as they may turn golden on the outside while remaining uncooked inside. Once properly cooked, remove the Manchurian balls from the oil and transfer them to a plate.

5. Sauté Ginger, Garlic, and Green Chili

Add approximately one tablespoon of oil to the same pan. Once the oil is hot, add finely chopped ginger, garlic, and green chili. Sauté them briefly until they release a pleasant aroma. Make sure not to burn the garlic, as it can make the gravy taste bitter.

6. Stir-Fry the Vegetables

Add two tablespoons of finely chopped cabbage to the pan. Next, add one medium-sized chopped onion and half a chopped capsicum. Stir-fry all the vegetables over high heat for approximately one minute. Avoid overcooking them, as they should retain a slight crunch. This gives the Manchurian gravy a delicious texture and restaurant-style flavor.

7. Add the Sauces and Seasonings

Reduce the heat to low and add one teaspoon of red chili sauce, half a teaspoon of soy sauce, one teaspoon of tomato sauce, and one teaspoon of green chili sauce. Next, add one teaspoon of vinegar and approximately $\frac{1}{4}$ teaspoon of salt. Mix everything thoroughly until the sauces are well combined with the vegetables. Remember that soy sauce and other sauces already contain salt. Therefore, add extra salt carefully and adjust it according to your taste.

8. Prepare the Manchurian Gravy

Take one teaspoon of cornstarch and dissolve it in a little cold water to prepare a smooth slurry. Pour the prepared slurry into the pan and mix well. Next, add approximately $1\frac{1}{2}$ cups of water and stir everything thoroughly. Allow the gravy to cook over medium heat until it starts boiling and gradually thickens. The cornstarch will give the gravy a smooth and slightly thick consistency. If you prefer more gravy, add a little extra water and adjust the seasoning accordingly.

9. Add the Fried Manchurian Balls

Once the gravy starts boiling, carefully add the fried Manchurian balls to the pan. Gently mix them with the gravy so that each ball is evenly coated. Allow the Manchurian balls to cook in the gravy for a short time so they absorb the delicious flavors. Avoid cooking them for too long, as they may become overly soft and lose their texture.

10. Garnish and Serve

Finally, add some finely chopped ginger and fresh coriander leaves to the prepared Manchurian. Gently mix everything together and turn off the heat. Your delicious homemade Cabbage Manchurian is now ready to serve. Transfer it to a serving bowl and enjoy it hot with fried rice or Hakka noodles. You can also serve it as a flavorful snack.

Chef tips

- Finely chop the cabbage. Finely chopped cabbage helps the Manchurian mixture bind properly. It also makes shaping the balls easier.
- Avoid adding extra water. Cabbage naturally releases moisture after adding salt. Therefore, avoid adding extra water while preparing the mixture.
- Fry the balls over medium-low heat. Frying the Manchurian balls slowly helps them cook evenly from the inside while becoming crispy on the outside.

- Do not overcook the vegetables. Stir-fry the vegetables briefly over high heat to maintain their slightly crunchy texture.
- Adjust the salt carefully. Soy sauce and other sauces already contain salt. Therefore, taste the gravy before adding extra salt.
- Add the Manchurian balls shortly before serving. This helps the balls absorb the gravy while maintaining a pleasant texture.

Full recipe: <https://meenrazcooking.com/en/recipe/cabbage-manchurian-recipe/>

Watch the video: youtube.com/watch?v=DA02YmqdzP0