



Posted on 16 October 2012

by Anjana Chaturvedi

Cabbage Muthiya (Cabbage Dumplings)



Ingredients

For the dumplings:

Grated cabbage - 500 gms (approx - 4.5 cups)

Gram flour - 5 tbsp

Wheat flour - 5 tbsp

Semolina - 5 tbsp

Curd - 2 tsp

Lemon juice - 2 tbsp

Salt - 1/2 tsp

Turmeric - 1/2 tsp

Chilli powder - 1.5 tsp

Grated ginger - 1 tsp

Sugar - 1 tsp

Oil - 1 tbsp

Eno (Fruit Salt) - 1/2 tsp

For the tempering:

Mustard seeds-1 tsp

Sesame seeds-1 tsp

Asafoetida-1/4 tsp

Green chilli-4

Curry leaves-10

Oil-3 tbsp

Preparation

- 1 Grate the cabbage and collect it in a big bowl.
- 2 Add all the spices and flours, oil and mix well. Now add eno and mix again.
- 3 Do not add any extra water or moisture.
- 4 Boil water in a steamer or in the rice cooker.
- 5 Grease the steamer plate well with cooking oil.
- 6 Now grease your palms and take approx.4 tbsp of mixture and shape into cylinders and place on the steamer plate.
- 7 If you are having difficulty in shaping them due to excess moisture then add some more gram flour and semolina.
- 8 Leave some gap in between the rolls,so that it cooks properly.
- 9 Put the tray in the steamer, close the lid and steam for approx 25-30 minutes on medium heat.

- 10 After that open the lid and check if it is done or not. When you touch the roll, the mixture should not stick on your finger or if you insert a tooth pick it should come out clean.
- 11 When done, let it cool down for 10 minutes (if you are in hurry, you may skip this step)
- 12 Slice into pieces, you can steam these muthiya and keep refrigerated for 2- 3 days ,temper when you want to serve them.
- 13 Tempering:
- 14 Heat 3 tbsp of oil in a pan, add mustard and sesame seeds, and once they start crackling, add slit green chillies, asafoetida and curry leaves.
- 15 Now add sliced muthiyas and stir fry for one minute.
- 16 Now add lemon juice, fresh coconut and chopped fresh coriander.
- 17 Variations:
- 18 Cabbage Kababs – You can deep fry the dumplings after slicing and serve as cabbage kababs.or just make fritters with this mixture without steaming the dumplings.
- 19 Cabbage Kofta – Make a tomato or curd based gravy and add these muthiyas in it just before serving.
- 20 Cabbage Dahi Vada – Arrange muthiya in a dish and pour whipped salted curd over it, sprinkle red chilli powder, roasted cumin powder, sweet chutney and green chutney and serve as cabbage dahi vada.
- 21 Cabbage Appe – Make cabbage appe, in a appe maker with the same mixture.
- 22 Low Fat Snack – Slice muthiyas and add lemon juice and fresh coriander and serve with ketchup.
- 23 Different versions of Muthiyas:
- 24 You can make muthiyas from cabbage, bottle gourd (Lauki), spinach (palak), fresh fenugreek leaves (methi), grated mix vegetables, left over dry khichdi (an Indian lentil and rice preparation) or even with left over vegetable pulao (mix vegetable rice).
- 25 If using Sweet Gourd (Lauki) then squeeze extra water from it after grating and if using pulao then mash the rice a little and add 1 tbs extra curd. into it.

Cooks Note

Steamed cabbage and flour dumplings, sauted in traditional Indian spices. Serving suggestion: Serve hot with tomato ketchup or mint chutney.

<http://maayeka.blogspot.com> [6]
