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Malai Gobhi (Creamy Cauliflower Curry) [1]

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Malai Gobhi (Creamy Cauliflower Curry)

Ingredients

Cauliflower-350g
Curd - 1 cup
Milk - 1 cup
Green chillies - 4
Sugar - 1/2 teaspoon
Green Cardamom (seeds) - 4
Cinnamon - 1/2 inch
Bayleaf - 2
Cloves - 3
Oil - 1 tablespoon
Salt - 1/2 teaspoon

Preparation

- **1**
Wash and break the cauliflower in florets.
- **2**
Deep Fry/ Steam/ Microwave the florets till they are slightly cooked.
- **3**
Heat oil in a pan, add slit green chillies and whole garam masalas.
- **4**
When they become golden, add sugar and fry till it caramelized.
- **5**
Mix curd and milk well and then pour it into a pan.
- **6**
Add the cauliflower, cover and cook for 5 minutes.
- **7**
Add salt and keep cooking uncovered till all the moisture dries up.
- **8**
Now add green coriander and cook for 1 minute.
- **9**
Serve hot with lemon wedges.
- **10**
Note: If you are steaming the Cauliflower then use 2 tablespoons of oil in the pan, instead of 1 tablespoon.

Cooks Note

Cauliflower cooked in a lightly spiced milk sauce. Serving suggestions: serve with Chapatis or Paranthas.

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Links

[1] <https://www.expatwoman.com/ewfood/recipes/malai-gobhi-creamy-cauliflower-curry>

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