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*by Anjana Chaturvedi*

## 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.

