

Cooking for Krishna

Episode Four – Vegetable Cutlets
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Ingredients:

- 1 Block of Tofu
- 2 Carrots, Peeled and Shredded
- 1 Can of Red Kidney Beans, Mashed
- Oats Mixed with Hot Water
- Wheat Flour
- Freshly Chopped Coriander
- Oil/Ghee

Spices:

- 1 teaspoon, Baking Powder
- 1 teaspoon, Curry Powder
- 1 teaspoon, Chili Powder
- 1 teaspoon, Black Pepper
- 1 teaspoon, Cumin Powder
- Hing (asafoetida)
- 2 teaspoons, Salt

Directions:

1. Add mashed beans to mashed tofu and shredded carrots.
2. Add hot water to oats and add it to the mixture.
3. Add chopped coriander to mixture.
4. Add wheat flour to mixture.
5. Add spices.
6. Mix well!
7. Make small patties with hands and shallow fry in oil/ghee.
8. Cover briefly.
9. Turn over and, once again, cover briefly.
10. Offer to Krishna!

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