DietCloud – Recipe

Recipe Name: Healthy Fulkopir Paturi Recipe (Bengali Style Cauliflower Dumplings)

Diet Type:

Course: Lunch

Cuisine: Bengali Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Cauliflower (gobi) - grated	2
• 1/4 teaspoon Turmeric powder (Haldi)	
• 1/4 teaspoon Red Chilli powder	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 1/4 teaspoon Sugar	
• 1 teaspoon Mustard oil	
• Salt - salt to taste	
• 1 teaspoon Mustard seeds - powder using mortar and pestle	
• 3/4 teaspoon Poppy seeds - powder using mortar and pestle	
• 2 Green Chillies - chopped	
• 1/4 cup Fresh coconut - grated	
• 4 Garlic - cloves	
• 1/2 Banana leaf - to line the steamer	
• 1/2 Banana leaf - lightly toss in heat and cut them into squares and remove the stem	
• 10 Toothpicks	
• Sunflower Oil - few drops for greasing	

Preparation

• To prepare Healthy Fulkopir Paturi Recipe, wash and grate cauliflower and soak in hot water for 2-3 minutes.

• Drain the water, squeeze the grated cauliflower, and set them aside in a wide bowl.

• Grind together all the ingredients given under 'To Be Ground For Marination' using very little water to make a thick paste.

• Add the ground paste, salt, sugar, turmeric powder, chilli powder, mustard oil, and cumin seeds to the cauliflower.

- Mix them well using your hands, cover and set it aside for 45 minutes.
- Line a Steamer with banana leaf.
- Take small portions of the marinated vegetables and shape them into dumplings using your hand.
- Place the shaped portion in the center of the cut banana leaf squares, close with banana leaf and seal them using a toothpick.
- Repeat this method for the remaining marinated cauliflower dumplings.
- Steam for 12- 15 minutes.

- It can also be served with plain cooked rice.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)