

Soybean, Spinach and Lentil Croquettes with Tomato Salsa

Recipe courtesy of Chef Hemant Mathur of Tulsi

Makes 24 patties

2 cups Split yellow lentils (channa dal)

1 whole clove

1/2 teaspoon black peppercorns

3 green cardamom pods

1 black cardamom pod

1 cinnamon stick

Salt to taste

2 cups Nutrela soy nuggets

10 ounces spinach, blanched, drained and finely chopped

(if using frozen spinach, unfreeze and squeeze out excess water)

2-inch piece ginger, peeled and finely chopped

5 green chiles, finely chopped

1 teaspoon roasted cumin powder

A small bunch of cilantro, finely chopped

1/4 teaspoon garam masala

Canola oil for cooking

Tomato Salsa (recipe follows)

Wash the lentils, place in a saucepot and cover with 6 cups of cold water. Add the clove, black peppercorns, green cardamom, black cardamom, cinnamon and salt to taste. Bring to a boil and simmer until the lentils are soft, about 35 minutes. Strain out the water and place the lentils in a bowl. Remove the whole spices.

Soak the soy nuggets in hot water for 20 minutes, squeeze out the water and place in a food processor. Add the cooked lentils, spinach, ginger, green chiles, cumin and cilantro. Finely grind the mixture. Add the garam masala and salt to taste.

Divide the mixture into 3-ounce portions and form into small patties. Heat 2 teaspoons of oil in a nonstick pan over high heat. Working in batches, place 3 to 4 patties, or however many will fit in the pan. Lower the heat to medium and cook until golden brown on both sides. Serve hot with Tomato Salsa.



Tomato Salsa

4 tomatoes, finely chopped

2 green chiles, finely chopped

A bunch of cilantro, finely chopped

1/4 teaspoon crushed black peppercorn

2 teaspoons olive oil

Juice of 1 lime

Salt to taste

Toss all the ingredients together. Serve immediately.

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