



LOCAL FOOD OLYMPICS

Veggie Meatballs

Contributed by Ashok Ramalingam

Ingredients

Meatballs

2 cups finely chopped capsicum, cabbage, carrot, beans and spring onion whites
2 tablespoons all-purpose flour
2 tablespoons corn flour
½ tablespoon rice flour
1 tablespoon ginger-garlic-green chili/red pepper paste
¼ teaspoon soy sauce
½ teaspoon black pepper powder
Warm water as required (less than 1/2 cup is needed)
Salt to taste
Oil for deep frying

Sauce

¼ cup spring onions, finely chopped
1 ½ tablespoons finely minced garlic
½ tablespoon finely minced ginger
2 finely chopped green peppers
½ teaspoon red chilli/pepper powder
2 teaspoons soy sauce
½ tablespoon chilli/pepper sauce
2 teaspoons vinegar
2 tablespoons tomato ketchup
1 teaspoon brown sugar
Salt as required
1 tablespoon sesame oil
1 ½ – 2 tablespoons finely chopped coriander leaves OR spring onion greens

Instructions

Meatballs: Heat oil for deep frying in a heavy-bottomed vessel. In a bowl, combine all-purpose flour, corn flour, rice flour, salt, ginger-garlic-green chilli paste, pepper powder, soy sauce, salt and all the finely chopped vegetables. Sprinkle with a little water to make a thick mixture. Add water little by little and use only as much water as required to make small balls.

Carefully place each ball into the hot oil. Do not crowd the pot. Reduce flame and deep fry the vegetable balls till cooked. Increase the flame towards the end of the cooking process and fry till they turn golden brown. Remove and set on absorbent paper towels; keep aside.

Sauce & Finishing: Heat oil in a large wok. Once oil is hot, add the chopped garlic and stir fry for a few seconds. Add the green chillis and ginger and stir fry on high for a few seconds. Add the whites of spring onions and stir fry on high for 2 minutes, constantly tossing them.

Add the vegetable balls and stir fry for another 3 minutes. They should retain their crunch. Reduce to medium heat and add the brown sugar, soy sauce, tomato ketchup, chilli sauce and vinegar. Mix well and cook for 2 minutes. Add 3-4 tablespoons of water and cook for 2 minutes. Toss on high flame for 1-2 minutes. Turn off heat. Garnish with the chopped spring onion greens and/or coriander leaves.