

MORNINGSTAR FARMS® SAUSAGE STYLE CRUMBLES FRANKIE WITH CILANTRO MINT CHUTNEY AND TAMARIND FIG CHUTNEY

Yield: 8 Portions

Ingredients	Amounts
<i>Roti</i>	
Flour, divided	1 ½ cups
Whole wheat flour	1 cup
Sugar	1 tsp.
Salt	1 tsp.
Yogurt, plain	¼ cup
Milk	½ cup
 <i>Limey Onions</i>	
Red onion, julienne, rinsed well	1 cup
Salt	as needed
Lime juice	2 Tbsp.
Cilantro leaves, chopped	2 Tbsp.
Mint, chopped	2 tsp.
 <i>Sautéed Cauliflower</i>	
Canola oil	2 Tbsp.
Cumin seeds	1 tsp.
Ginger, minced	1 Tbsp.
Cauliflower florets	1 lb.
Salt	as needed
Ground black pepper	as needed
Lime juice	3 Tbsp.
Cilantro chopped	1 Tbsp.
 <i>Frankie Filling</i>	
Canola oil	2 Tbsp.
Onions, finely chopped	1 cup
Salt	as needed
Garlic, finely chopped	1 Tbsp.
Ginger, finely chopped	1 Tbsp.
Serrano chile, minced	1 ea.
Turmeric powder	½ tsp.
Cayenne or Kashmiri chile	¼ tsp.
Cumin, ground	2 tsp.
Coriander, ground	1 Tbsp.
MorningStar Farms® Sausage Style Crumbles	1 lb.

Tomatoes, peeled, chopped	1 cup
Water	½ cup
Chickpeas, cooked, drained	½ cup
Ground black pepper	¼ tsp.
Cilantro, chopped	2 Tbsp.
Canola oil (for roti)	¼ tsp.
Roti (see above) or substitute tortillas	8 ea.
Eggs, beaten well	3 ea.
Green Chile Chutney (recipe follows)	½ cup
Tamarind and Fig Chutney (recipe follows)	½ cup
Yogurt	½ cup

Method

1. *For the Roti:* Sift 1 cup of each flour, the sugar and salt into a large mixing bowl. Make a well in the flour and add the yogurt. Work the yogurt into the flour mixture, and then slowly add in the milk. Mix to form a shaggy dough. Cover with plastic wrap and let sit for 15 minutes. Gently knead 6 – 10 times to form a smooth dough. Add a little water if the dough is too dry. Roll into a thick log. Wrap in plastic and let rest for 15 to 20 minutes.
 2. Cut the dough into 8 equal parts and shape each into a ball. Let relax for 10 minutes.
 3. Dredge each round in flour and flatten into disks 2 1/2 to 3 inches in diameter. Roll out into thin 8-inch rounds, using flour as needed to keep them from sticking. Cover and set aside.
 4. *For the Limey Onions:* Season the onions with salt and let sit for 5 minutes. Drain off the liquid and add the lime juice, cilantro, mint and additional salt as needed. Let sit for 10 minutes.
 5. *For the Sautéed Cauliflower:* Heat the oil in a sauté pan over medium low heat. Add the cumin and ginger. Cook 30 seconds or until aromatic. Add the cauliflower and sauté 10 minutes or until caramelized and tender. Season with salt and pepper, and a generous squeeze of lime. Remove from heat and mix in chopped cilantro. Set aside.
 6. *For the Filling:* Heat the oil in sauté pan over medium heat. Add the onions and pinch of salt. When onions turn translucent, add the garlic, ginger, chile, turmeric, cayenne, cumin and coriander. Cook until aromatic.
1. Add MorningStar Farms® Sausage Style Crumbles. Sauté for 5 minutes, stirring periodically. Add the tomatoes, water, chickpeas and salt as needed. Cook on medium low for 15 to 20 minutes until the mixture thickens and the flavors meld. Adjust the seasoning with salt and pepper. Remove from the heat, stir in cilantro and set aside.
 2. *To Assemble:* Heat a large griddle or heavy skillet over medium high heat. Place a roti on it and cook, rotating the dough until the roti starts to bubble, approximately 30 seconds. Turn and cook on the other side, rotating the dough as it cooks. Pour about 1 1/2 tablespoons of the beaten eggs onto the roti and spread to cover surface. When the egg starts to firm, flip the roti to cook the egg into a light omelet-like coating on that side, about 30 seconds. Transfer to a plate, egg side faced down.
 3. Place ½ cup of the Morningstar Farms Sausage Crumbles filling, ¼ cup of cauliflower, 1 spoonful each chutney, and the Lime Onions down the length of the roti.

4. Roll it up tightly like a wrap or open ended burrito.
5. Serve with Yogurt, and more Green Chile Chutney, and Tamarind and Fig Chutney.

Note: Whole-wheat flour tortillas can be used in place of the roti. Jalapeño peppers can be substituted for the serrano chiles.

GREEN CHILI CHUTNEY

Yield: 1/4 cup

Ingredients	Amounts
Cilantro, leaves and stems, firmly packed	3/4 cup
Mint leaves, firmly packed	1/4 cup
Serrano chiles, stemmed	1 ea.
Ginger, peeled, chopped	2 tsp.
Lime juice	2 Tbsp.
Water	3 Tbsp.
Sugar	as needed
Salt	as needed

Method

1. Combine all ingredients in a blender. Blend until smooth. Adjust seasoning with salt and sugar.

Note: Jalapeño peppers can be substituted for the serrano chiles.

TAMARIND AND FIG CHUTNEY

Yield: 2 Cups

Ingredients	Amounts
Tamarind pulp, torn into small pieces	4 oz.
Dried figs, stemmed, chopped	4 oz.
Cumin, ground & roasted	1 Tbsp.
Asafoetida (optional)*	a pinch
Ground black pepper	1 tsp.
Cayenne	1 tsp.
Salt	½ tsp.
Sugar, amount used depends	½ cup
Jaggery or brown sugar	3 oz.

Method

1. Pour 1 ½ cups of boiling water over the tamarind pulp and allow to soak 1 hour to overnight.
2. In another bowl, pour 1 cup of boiling water over the figs and allow them to soak 1 hour to overnight also.
3. Knead the tamarind with your fingers, breaking up any lumps of soaked tamarind. This should form a thick puree. Strain the tamarind puree through a mesh sieve, forcing the pulp through the strainer. Only the seeds should be left in the strainer. Discard the seeds and reserve the liquid.
4. Place the figs, strained tamarind puree, and the remaining ingredients in a sauce pan. Cook over medium heat until the jaggery melts, stirring frequently. Reduce heat to low and simmer for about 20 - 30 minutes or until the mixture thickens and becomes shiny, glossy and reduces to 2 cups.
5. Check seasoning and adjust for sweetness.

Note: substitute a small pinch of onion powder and garlic powder for asafoetida