

Pav Bhaji Masala with Vegetables

Ingredients:

- 2 Onions chopped (or 1 12-16 oz. bag of chopped frozen onions)
- 3 Tsp coriander powder
- 2 Cans of diced tomatoes (drained)
- 2 Tsp cumin powder
- 2 Tsp chili powder
- 1 Tbsp pav bhaji masala powder (see recipe at end or buy at Amazon.com)
- 2 Green chillies finely chopped (or 1 small can)
- 1' Cube of ginger grated (or 1 Tbs of ginger flakes or paste)
- 1 Tsp garlic (minced or paste)
- 2 Tbsp of salt (or to taste)
- 1/2 Cup of hot peppers [optional]
- 1/2 Cup chopped coriander leaves (cilantro) for garnish [optional]
- 2 Tsp lemon juice for garnish (optional)

Vegetables:

- 1 10 oz. bag of frozen broccoli flowerets
- 1 10 oz bag of frozen cauliflower or riced cauliflower
- 1/2-1 10 oz bag of shredded carrots
- 1 10 oz bag of frozen chopped spinach or kale
- 1 10 oz bag of frozen green peas

Other vegetables can be substituted to suit your personal tastes.

Preparation:

- Heat a deep frying pan or wok with coconut oil and add the onions when the onions are soft add the garlic, ginger and green diced chili peppers (if using fresh peppers) and continue until the onions are translucent and the peppers are soft.
- Add canned tomatoes and green chili peppers (if using canned) add all the seasonings, blend and cook for at least 5 minutes
- Liquefy this mixture in a blender and then pour the liquid back into the pan
- Steam all the vegetables separately and then dice them into small pieces. If you use riced cauliflower dicing won't be needed for the cauliflower. Likewise the

- green peas and chopped spinach or kale can be used without dicing.
- Add the vegetables to the sauce and stir in well.
 - Add a cup of coconut milk or cream, blend in and cook for several minutes Then
 - When all the vegetables are cooked thoroughly garnish with mixture of cilantro and lemon juice (optional)
 - Can be served over rice (optional)
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Pav Bhaji Masala recipe - aromatic spice blend for pav bhaji.

servings 100 grams

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Ingredients (1 cup = 250 ml):

- ¼ cup cumin seeds (jeera) or 26 grams cumin seeds
- 2 tablespoon fennel seeds (saunf) or 15 grams fennel seeds
- 2 tablespoon coriander seeds (sabut dhania) or 11 grams coriander seeds
- 1 tablespoon mace (javitri) or 3 grams mace
- 1 tablespoon cloves (lavang) or 6 grams cloves
- 1 tablespoon black pepper (sabut kali mirch) or 10 grams black pepper
- 5 to 6 grams black cardamoms (badi elaichi) or 2 black cardamoms
- 3 star anise (chakriphool) or 2 grams star anise
- 1 small nutmeg (jaiphal) or 5 grams nutmeg
- 5 cinnamon sticks (dalchini) - each of about 2 inches or 4 grams cinnamon
- 5 to 6 dry red chilies (sookhi lal mirch) - preferably kashmiri red chilies, 4 grams dry red chilies
- 2 tablespoon dry mango powder (amchur powder)
- 1 tablespoon dry ginger powder (saunth)
- 2 teaspoon black salt or rock salt or regular salt - optional
- 1 teaspoon turmeric powder (haldi) - optional

Preparation:

First take all the whole spices. exclude dry mango powder, dry ginger powder, turmeric powder and black salt.

Check and pick the spices for stones if any. also check if there are molds on them.

Add the whole spices in a plate or tray. keep in the sun for 2 to 3 days.

Cover with a sieved lid or a muslin or loosely woven cotton napkin, so that dust does not fall on the spices, when they are being sun dried. during the day, i would keep the spices out. during night, i would keep the plate inside with a loose lid covering it.

Before you begin, grinding the whole spices, take the nutmeg in a mortar-pestle and crush it coarsely. keep aside.

Now add all the whole spices in the dry grinder jar. you can also use a coffee grinder. add according to the capacity of the jar.

Then add the coarsely crushed nutmeg powder.

Grind to a smooth powder.

Then add ginger powder, dry mango powder, black salt and turmeric powder.

If you do not have black salt, then you can add rock salt or regular salt. you can even skip it. turmeric powder is also optional and you can skip it too.

Again grind just to mix everything well.

If you want, you can seive the powder and grind the tiny bits left on the seive.

Let the powder cool down. you can spread it in a plate or allow it to cool in the jar itself. then spoon the powder in a clean glass jar.

Cover tightly and keep in a cool dry place. you can also keep the pav bhaji masala powder in the fridge or freezer. this recipe yields about 100 grams of pav bhaji masala.