

Recipe for making PAVBHAI (an Indian food)

Ingredients

• Potatoes	4 medium
• Tomatoes	4 medium
• Cauliflower	1/4 small
• Onions	2 medium
• Ginger	1 inch piece
• Garlic	8-10 cloves
• Green capsicum	1 medium
• Green chillies	3-4
• Fresh coriander leaves	1/4 cup
• Green peas shelled	1/4 cup
• Lemons	2
• Oil	3 tablespoons
• Salt	to taste
• Pav bhaji masala	1 1/2 table spoons
• Butter	3 tablespoons
• Pav	8

Method

Step 1

Boil, cool, peel and grate potatoes. Wash and finely chop tomatoes. Wash and grate cauliflower. Peel, wash and finely chop onion. Peel and wash ginger, garlic and grind to a fine paste.

Step 2

Wash, halve, remove seeds and finely chop capsicum (paprika). Wash, remove stems and finely chop green chillies.

Step 3

Clean, wash and finely chop fresh coriander leaves. Wash and boil the green peas in salted water till soft, drain and mash lightly and keep aside. Cut lemon into wedges.

Step 4

Heat oil in a pan and add three fourth quantity of chopped onions. Sauté till light brown. Add chopped green chillies and ginger garlic paste. Stir-fry for half a minute.

Step 5

Add half the quantity of chopped tomatoes and cook on medium heat for three to four minutes, stirring continuously or till oil separates from the masala. Add chopped capsicum, boiled and lightly mashed peas, grated cauliflower, grated boiled potatoes and

Step 6

Bring it to a boil and simmer for ten minutes, pressing with the back of the spoon a few times, till all the vegetables are completely mashed. Add pav bhajee masala, salt and the rest of the chopped tomatoes. Cook on medium heat for two minutes, stirring

Step 7

Heat half of the butter in a thick-bottomed pan or a tawa. Slice pav horizontally into two and pan fry in butter for half a minute, pressing two or three times or till pav is crisp and light brown.

Step 8

Garnish the Pav-bhajee with chopped coriander leaves, remaining butter and serve hot with pav accompanied with remaining chopped onion and lemon wedges.

That's all enjoy yourself with the Indian food.



Recipe for making Vegetable Pulav (an Indian food)

Ingredients

1 cup Basmati **rice (chawal)**

100 gms **green peas**

2 **potatoes**

1 Onion

1 small poon of cumin

1 small **cauliflower**

2 small carrots

1 tbsp **lemon juice**

4 tbsp **ghee**

salt to taste

To be ground into a paste

2 tbsp **grated fresh coconut**

4 **green chillies**

8 **cloves (laung / lavang)**

5 **cardamoms (elaichi)**

1 stick **cinnamon (dalchini)**

2 tsp **poppy seeds (khus-khus)**

The powder of all above is also available in the shop in one pack which is called Pulav Masala.

Method

1. Cut the vegetables (except green peas) into big pieces and boil them.
2. Put the ghee or butter in a vessel and fry with wholegrain cumin with medium cut onion.
3. Add the paste of ginger+garlic and fry again for a little time.
4. Add the vegetables, lemon juice and salt, Pulav masala and mix well and cook for a few minutes and then add rice.
5. Add 2 cups of boil water
6. Serve hot garnished with cut coriander.



Recipe for making Tomato Saar (an Indian food)

1 kg - Tomato

1 litre water

1.5 tsp - Sugar

2 tbsp - coriander leaves, chopped

For Tempering:

2 tbsp - Ghee

1 tsp - Cumin seeds

1 tsp – gram floor or chik peas powder

1 tsp - Red Chilli powder

7 or 8 Curry leaves

1 pinch Hing or Asafoetida

Salt to taste

Method

1. Wash tomatoes and cut into quarters.
2. Boil tomatoes along with water and cook until mashed well.
3. Strain it and heat it to boil.
4. Add salt and sugar to the strained mixture.
5. Remove and keep aside.
6. Heat ghee or butter in a pan, add cumin seeds, brown them and then add curry leaves and hing.
7. Add gram floor & fry it for a moment.
8. Add this to the cooked tomato. Mix well.
9. Serve hot garnished with chopped coriander leaves.