Recipe

Pav Bhaji Masala

By

Bhaktivedanta Hospital - Diet department



Ingredients

Coriander seeds – 100gm
Dry red chilies – 30gm
Cumin seeds (Jeera) – 25gm
Red Chili powder – 30gm
Asafoetida – 1/4th Tsp
Turmeric – 3 Tsp
Omum (Ajwan) – ½ Tsp
Black Pepper – 30gm
Cinnamon (Dalchini) – 30gm
Caraway seed (Shahijeera) – 2 TSp
Cloves (Lavang) – 10-15 no

Preparation

- Lightly roast each ingredient separately in a dry frying pan with very little oil. (Except Red chili powder and turmeric)
- Mix all the ingredients and grind in a mixer to make a fine powder.
- Store in a dry air tight container.

For further details please contact

vaidehi_nawathe@sify.com, indrayani.h@gmail.com

www.iskcondesiretree.com

Hare Krishna Hare Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Hare Hare