Indian Delights

PAV BHAJI

Ingredients:

2 cups grated cauliflower

2 cups finely chopped green pepper

1 cup cooked, chopped green beans

1 cup finely chopped carrots

1 cup cooked green peas

1 cup finely chopped onion

1.5 cups potatoes boiled and mashed without liquid

1 tablespoon finely chopped ginger

2 tablespoon finely chopped ginger

2 cups finely chopped tomatoes

2 wedges lemon

8 full-sized hamburger buns or 12 slider-sized buns grilled or toasted (pav)

Masala (Spice Mix) for Vegetables:

2 tablespoons oil

3 tablespoons butter or vegan buttery sticks

2 teaspoons cumin seed

½ teaspoon turmeric

2 teaspoons coriander powder

1/2 teaspoon cayenne powder, optional

2 teaspoons Pav Bhaji Masala mix, commercial or prepared at home (see recipe below)

Salt, to taste

Garnishes:

½ cup chopped cilantro

½ cup finely diced ginger

½ cup diced onion

Directions:

1. Heat 2 tablespoons oil and 2 tablespoons butter in a large frying pan.
2. Add cumin seed. Add chopped onion. When you hear the crackling sound, start stirring.
3. Add ginger and garlic and continue stirring until all the ingredients are brown.
4. Add chopped tomatoes, remaining spices and half of the Pav Bhaji masala.
5. Add carrots, green beans, green peppers, grated cauliflower and mix well. Cook for 5 minutes.
6. After 5 minutes, add the mashed potatoes as the body of the dish and the binding agent. Add the last tablespoon of butter and mash together using the potato masher.
7. Add 1 cup of water and let it simmer for 10 minutes on low flame. Add the rest of the Pav Bhaji masala.

8. Lastly, add chopped cilantro and serve on toasted or grilled pav (bread/hamburger bun).

PAV BHAJI MASALA MIX

<u>Ingredients:</u>

2 whole black cardamom

1 tbsp cumin seed

1 tsp pepper corn

1/2 fennel seeds

3 red chilies1 inch cinnamon stick

4 whole cloves

½ tbsp amchur (dry mango powder)

<u>Directions:</u>

Dry roast these ingredients in a pan and then grind. Store in a spice jar.