



Pav Bhaji Recipe

Pronounced: “pow bhaaji”

Origins: Northern India

Shared by: Abhilasha Dewan (Kitchener resident)

Serving quantity: about 4-5 servings

Flexible ingredients: *this recipe is flexible and can use a range of different vegetables, so you can substitute in whatever veggies you think might taste best to you!*



To see a video of this recipe being made, go to: www.youtube.com/watch?v=79447Xsw5uA

Ingredients list:

- 1 carrot
- 2 small potatoes
- 1 cup of squash
- 1 cup cauliflower
- 1 bottle gourd (or, sub with more squash)
- 1 cup of green peas (optional – tasty and adds colour)
- 2 tomatoes
- 1 red onion



1-2 garlic cloves

1-2 inches of ginger

1-2 green chillis (optional, to taste)

1 tbsp cooking oil

1 tsp cumin seeds

2 tsp “pav bhaji masala” spice (available at most Indian grocers or you can make your own, see [recipe for spice mix here](#))

Fresh buns as desired (the “pav” in “pav bhaji”)

Optional (garnish): dried fenugreek leaves (called “kasturi methi”) / fresh coriander / fresh salad / lemon as desired.



Cumin seed, tomato, red onion, garlic, ginger, chillis

Step 1: Chop and pre-cook the vegetables

Roughly chop your veggies (the ‘bhaji’). You can substitute whatever veggies are best for you!

1 carrot, peeled

2 small potatoes, peeled

1 cup of squash

1 cup cauliflower

1 bottle gourd, peeled



Place all veggies in a pressure cooker with some salt and just enough water to cover them.

Seal the cooker and cook veggies for 2 whistles.

Note: If you don't have a pressure cooker, you can cook them in a big pot with water – it just takes a bit longer. Vegetables need to be cooked enough to mash them together.

Step 2: Make the masala

As the veggies cook, start prepping the masala:

2 tomatoes, finely chopped

1 onion, finely chopped

1-2 garlic cloves minced

1-2 inches of ginger minced

1 green chilli, de-seeded (seeds removed) and finely chopped - optional but it does add great flavor. Just note these are spicy, so use to taste.

1 tbsp cooking oil (such as olive oil)

1 tsp cumin seeds

2 tsp "pav bhaji masala"

1 tsp of honey/brown sugar

Salt to taste

- **Heat oil.** When it's hot, add cumin and cook until it's sizzling/spluttering/fragrant.
- Next, **add onions and sauté** until onions are translucent.
- **Add green chilli and the minced ginger and garlic.** Sauté until fragrant.



Sautéing the tomatoes with the masala

- **Add tomatoes and dry spices** and cook the full mixture on medium heat for 10-15min. Add the sugar/honey halfway in.
- Once veggies are cooked, **mash them together with a potato masher and then add to the tomato-onion masala**. Mix well. Stir in 1 cup of green peas (optional – tasty and adds colour).
- Continue to **cook on medium heat until excess moisture evaporates** - another 10-15min. You're aiming for the dish to not be too soupy, or too thick, but an in-between chili-like texture.



Cooking and stirring the mashed veggies to thicken

- When it's thick enough for your liking, it's ready to serve!



- Garnish with dried fenugreek leaves (called “kasturi methi”) / fresh coriander / fresh salad / lemon as desired.
- **Serve with skillet toasted buns** (the “pav” in “pav bhaji”).



‘Pav bhaji’ with toasted buns, pickled onion, coriander chutney, and mango pickle.

Enjoy!