

## Sindhi-Recipe-Sai Bhaji



Sai Bhaaji is a typical Sindhi Veggie. The greens and veggies in it make it a healthy meal choice. Serve Sai Bhaaji with hot Chapatis

**Prep Time:** 2 hours, 00 minute

### Ingredients:

- 3 tbsps Chana Daal - Split Bengal Gram (see link below for picture), washed and soaked in warm water for 2 hours
- 2 bunches English spinach, roots cut off, washed and chopped roughly
- 1 handful of fresh dill leaves
- 2 large tomatoes chopped fine
- 1 handful fenugreek leaves
- 1 large potato cut into 1" cubes
- 1 large onion cut into 1" cubes
- 1 cup chopped (1" cubes) eggplant
- 8-10 French beans, tops and tails cut off and strings removed
- 1 carrot cut into 1" thick circles
- 1 cup chopped (1" cubes) sooran/ elephant yam (optional)
- 1/2 tsp turmeric powder
- 1 tsp coriander powder

- 1" piece of ginger grated
- 3 tbsps vegetable/ canola/ sunflower cooking oil
- 5 cloves garlic
- 1/2 tsp cumin seeds
- 2 finely chopped green chillies
- Salt to taste

**Preparation:**

- Mix the chana daal, all the vegetables, coriander powder, turmeric powder and ginger together in a deep pan/ pressure cooker. Add 1/2 cup of water and cook till the daal is done - fully mashed. At this stage, there should not be too much water in the Bhaaji. If there is, dry it up by cooking some more.
- Remove from heat and add salt to taste. Stir well.
- Heat the oil in a small pan on medium heat. When hot, add the garlic, cumin seeds and green chillies to it. Fry till spluttering stops and then add this mixture to the cooked vegetables. Stir to blend.
- Serve piping hot with fresh Chapatis

**Dhaas Bhindi**



Dhaas Bhindi or Bharwan Bhindi is a simple way of relishing Bhindi(Okra) stuffed with simple spices, full of aroma amazing flavor.

**Ingredients for Stuffed Okra:**

- 200 gms of Firm and fresh okra
- 4-6 Garlic cloves(depends upon your taste)
- 1 Green chilly
- Salt to taste
- 1/4 tsp turmeric powder
- 2-2 1/2 tsp coriander powder
- 1/4 tsp red chilly powder (add or reduce as per your liking)
- A pinch of hing(optional)
- Oil to shallow fry

**Method:**

- Rinse Bhindis well with water, wipe dry with a clean cloth .Tip off the ends and make a slit all through the length of them.
- In a plate, mix together all the ingredients (chop the garlic and green chillies finely), except oil for shallow frying.
- Now stuff this dry masala in each okra,
- When all the okras are stuffed, heat a frying pan with a big diameter and a flat surface, and grease it well if using nonstick, or pour about 1-2 tsp of oil if using iron pan .
- Carefully place the okras side by side and shallow fry those on high heat for few seconds, give the pan a shake or so, so that the bhindis do not stick to the bottom of pan. If needed, toss the okra carefully with a spatula, taking care not to break or mush these.
- Lower the heat to the minimum and let the okras cook till the stuffing gets nice brown colour.Do toss the bhindis now and then and do not let them turn dark brown, or else the texture will be lost and you might end up with “kadak” bhindi..a no-no in comparison to stuffed, soft and flavorful Dhas Bhindi.
- Enjoy this side dish with Dal and rice or with dal and roti.

## **Bhee(bhein)-Paalak**



### **Ingredients**

- Lotus stem(kamalkakdi or bhee) 1/4 kg
- Spinach 1/2kg
- Onions 2 medium sized
- Tomatoes 3
- Ginger
- Garlic 10-12 cloves
- whole Garam masala(Tejpatta 1,cloves -2,daalchini 1/2 inch stick)
- Green chillies 3 -4
- Salt as per taste
- Coriander powder 1 tspn
- Turmeric powder 1/2 tspn
- Oil 3 tspn

### **Method:**

- Wash,peel and cut lotus stem into thin slanted slices
- Peel and cut onion and grind it along with ginger ,garlic,whole garammasala
- Take some oil in pressure cooker and add onion paste

- Fry it till light pink in colour and add pureed tomatoes along with green chillies
- Add some salt ,turmeric powder and coriander powder
- Add chopped spinach and mix properly
- Add little amount of water ,close the lid and wait for 3 whistles of cooker
- Now add lotus stem pieces and sauté properly for atleast 3 minutes
- Add some more water ,close the lid and wait for atleast 3 whistles .later check whether ghee is cooked or not,or else cook it further accordingly
- Note:** Depending upon the quality of lotus stem, number of whistles required varies, so another option is to boil the bhee first in salted water and then add into spinach and put on the low flame till bhee absorbs the flavour of spinach

### **Moong Dal Halwa**



#### **Ingredients:**

- 2 Cups soaked Moong Dal
- 1 Cup milk
- 2 Cups sugar
- 3/4 Cup khoya
- 2 Cups ghee

- 1/2 Cup mixed dry fruits (Almonds, Cashewnuts, and Raisins)

**How to make Moong Dal Halwa:**

- Grind the soaked dal using little water to make a paste.
- Prepare sugar syrup.
- Heat ghee and add moong dal paste to it.
- Stir it properly.
- Reduce the flame, add milk to it and cook until the milk thickens.
- Add sugar syrup to the moong dal and mix it well.
- Cook it for 5 minutes.
- Now add khoya till it dissolves.
- Adorn it with dry fruits.
- Moong Dal Halwa is ready.