Misal pav

Description:

Misal Pav is a spicy, flavorful Maharashtrian dish made with sprouted moth beans (matki) cooked in a fiery "kat" curry and topped with farsan, onions, coriander, and lemon. Served with soft pav (bread rolls), it's a popular breakfast and street-food favorite from Maharashtra known for its bold taste and crunch.

🕐 Time to Make:

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Difficulty Level: Easy–Medium

Ingredients For Misal:

- 1 cup sprouted moth beans (matki)
- 2 tbsp oil
- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 1 onion, finely chopped
- 1 tomato, finely chopped
- 1½ tsp ginger-garlic paste
- 1 tsp turmeric powder
- 1½ tsp red chili powder
- 2 tsp goda masala (or garam masala)
- Salt to taste
- 2 cups water
- For Kat (Spicy Curry):
- 2 tbsp oil
- 1 onion, sliced
- 2 tbsp grated coconut
- 1 tsp garam masala
- ½ tsp chili powder
- 1½ cups water

For Serving:

- Farsan or sev
- Finely chopped onions
- Fresh coriander
- Lemon wedges
- Pav (bread rolls)

Method:

1. Make Misal Masala (spice blend)

On low heat, roast together:

- ¼ cup dried coconut (or desiccated coconut)

- 2 tbsp coriander seeds

- 8–10 red chillies (or lavangi chillies)

- 6 cloves, 1½ inch cinnamon, 1 black cardamom, 3–4 green cardamoms, a strand of mace, 1 star anise

- 8–10 black peppercorns, and ½ tbsp stone flower (if available)

After ~2 minutes, add 1 tsp cumin seeds + 1 tsp fennel seeds; roast slightly

Add ½ tbsp sesame seeds + ½ tbsp poppy seeds (optional)

Add 3–4 garlic cloves, roast until lightly warm/dry (don't burn)

Remove from heat, cool, then grind (in intervals) with:

- ¾ tsp dried ginger powder (saunth)

- 1 to 1½ tbsp red chilli powder

After grinding to a coarse powder, pulse in the fried onions + garlic to make a coarse masala.

This yields ~15 tbsp of misal masala, enough for multiple uses.

2. Sprouting the Matki (Moth Beans)

Rinse and soak matki (moth beans) for 8 hours.

Drain and wrap in a moist muslin cloth, tie it, and keep in a warm place so sprouts form (in warm weather ~5 hours).

3. Prepare Usal / Sprouts Curry

Heat 3–4 tbsp oil in a pot. Add:

- ¾ tsp mustard seeds — let them splutter

- ¾ tsp cumin seeds

- 1 sprig curry leaves

- ⅛ tsp hing (asafoetida)

Add 1 cup finely chopped onions; sauté until translucent / golden.

Add crushed mixture of garlic, ginger + coconut; sauté ~2 min until aromatic.

Add ~¾ cup chopped tomato + ½ tbsp salt; cook until tomato softens.

Add turmeric (¼ tsp), red chilli powder (1 to 1½ tsp), and 2–5 tbsp misal masala (or goda masala). Adjust to spice level.

Sauté ~2 min until the masala gives aroma / oil begins to separate. Add chopped coriander leaves and sauté a bit.

Add 2 cups of sprouts (around 250 gm). Pour 4–5 cups water (or hot water) depending on desired consistency.

Stir, bring to rolling boil. Add 1 tsp tamarind paste (or soaked-strained tamarind). Optionally add 1 tbsp jaggery.

Once boiling, reduce heat and simmer ~7–8 minutes until sprouts are tender but not mushy.

When done, you should see oil floating on top. Turn off heat.

4. Toast the Pav (Bread Rolls)

Use 8 pav buns. On a hot griddle or frying pan, add 1 tbsp butter, toast 4 pav for ~2–3 minutes (until golden). Flip and toast the rest.

Alternatively, split the pav, apply soft butter inside, and bake/toast in oven at 180 °C (360 °F) for ~3–4 minutes (watch carefully so they don't brown too much).

5. Assemble Misal Pav

Chop ¼ cup onions, prepare coriander leaves, lemon wedges, and have about ½ cup farsan / thick sev (or crushed crunchy snack) ready.

Transfer the cooked usal (sprouts curry) into serving bowls.

Pour over the thin gravy / "kat / rassa" (the liquid portion) on the usal.

Squeeze lemon juice.

Garnish with farsan / sev, chopped onions, coriander leaves.

Serve hot along with the toasted pav immediately (else the farsan becomes soggy).

Nutrition (per serving):

Calories: ~380 kcal | Carbohydrates: 55g | Protein: 14g | Fat: 12g | Fiber: 8g | Sodium: 850mg | Iron: 2.3mg | Vitamin C: 10mg