

# Recipe Details

Misal Pav is relished as a breakfast as well as a snack throughout Maharashtra.

It's one of the popular street food in Maharashtra along with pav bhaji, dabeli, vada pav.

## Ingredients

### **For sprouts / matki:**

1 big cup Sprouted Matki (Moth beans) / any sprouts

tsp Salt

1/4 tsp Turmeric / Haldi powder

### **For Kat / Raasa (thin Spicy Gravy) Masala ☹️ dry roast**

1/4 cup dry coconut / kopra / kobbari, cut into small pieces

2-3 tsp Dhania/ Coriander seeds

1 tsp Jeera / Cumin seeds

1 tsp Saunf / fennel

few Methi /Fenugreek Seeds

5-6 nos Byadgi Chillies / Kashmiri Chillies, For deep color

few Black Pepper

1 tsp White sesame seeds / White til

1 tsp Poppy seeds / Khus Khus / gasgase

1 no Cadamom / Elaichi

1-2 pc Cinnamon/ dalchini

5-6 nos Cloves/ Lavangv

small pc Star anise /Chakri phool /ananas hoov

small pc stone flower / kallu hoovu

1/2 tsp Turmeric powder /Haldi

### **For Kat / Raasa (thin Spicy Gravy)**

4-5 tsp Oil

1 big onion, sliced

6-8 flakes Garlic

1 inch Ginger, sliced

2-3 medium size Tomatoes, chopped

1/2 tsp Mustard

1/2 tsp Cumin Seeds/ Jeera

few Curry Leaves

a big pinch Asafoetida/ hing

1 tsp red chili powder, based on your pref ( but make a bit spicy )

amla size Tamarind, soaked in water

little Jaggery  
to taste Salt  
few sprigs Coriander leaves, chopped

**To serve:**

Pav Buns, no need to roast  
Onions, ,very finely chopped  
Tomatoes, very finely chopped  
Coriander leaves, very finely chopped  
small wedges Lemon  
Farsan / Mixed Namkeen / Mixture / Mixed Namkeen / Mixture

## Instructions

In a pressure cooker, add a tsp of salt, Haldi and 2-3 cups water .. pressure cook for 1-2 whistle.

**To Prepare Masala**

Dry roast dry coconut pieces till crisp. Keep aside.  
Next add all dry spices one by one ie Dhania, Jeera, Saunf, Methi, Kashmiri Chilli, few peppercorns,  
white sesame seeds, khus khus, elaichi , dalchini, cloves, star anise and Dry roast till aromatic .

Keep aside to cool,  
Heat 1 tbsp Oil in a pan and add chopped onions, garlic and ginger. Saute until onion turn slight golden brown in color.  
Add tomatoes , little salt and saute till mushy.

Switch off and cool completely.  
Once cool , add fried dry coconut, sauteed dry masala to the onion tomato mix. Grind to a very smooth paste.

**To prepare Kat / Tarri / Rasa (Thin Spicy Gravy):**

To prepare spicy gravy / rasa .. take a kadai and keep little more oil say 4-6 tsp oil .

Temper mustard, jeera and curry leaves

Before adding spices, If the oil is too hot, keep the pan away from the flame / keep the flame in low.

Add hing , haldi and red chilli powder . Give it a quick stir. Note to keep the flame on low, else masala will burn.

Add ground masala and mix everything .

Saute masala nicely for 5-6 mins till raw smell goes and oil starts separating from it.

Once masala is nicely sauted , add lots of water and mix well .

Add salt to taste, little jaggery and tamarind extract. Let this gravy/rasa boil well nicely on medium flame.

When the gravy is boiling , add cooked matki to it , mix and continue to boil on sim for 2-3 mins .

The consistency should be watery, so add more water if required.

Lastly garnish spicy rasa with chopped coriander leaves .

**To serve Misal Pav:**

Pour 1 -2 ladle of piping hot Rasa /Tarri (gravy) with cooked sprouts .

Sprinkle liberally

finely chopped onions,few pcs of chopped tomato and coriander leaves.

Drizzle few drops of

thick curd / lime (optional).

Add a layer of mixed farsan or namkeen according to your wish.Serve them hot hot with pav (buns)

and a lemon piece. ( No need to roast pav