

Pav bhaji

Pav bhaji is a fast food dish from India, consisting of a thick vegetable curry, fried and served with a soft bread roll.^[1]

History

The dish originated in the 1850s as a fast lunchtime dish for textile mill workers in Mumbai.^{[2][3]} Pav bhaji was later served at restaurants throughout the city.^{[3][4]} Pav bhaji is now offered at outlets from simple hand carts to formal restaurants in India and abroad.^{[5][6]}

Preparation

Pav bhaji has many variations in ingredients and garnishes, but is essentially a spiced mixture of mashed vegetables in a thick gravy served hot with a soft white bread roll, usually cooked on a flat griddle (tava).

Variations on pav bhaji include:

- Cheese pav bhaji, with cheese on top of the bhaji
- Fried pav bhaji, with the pav tossed in the bhaji
- Paneer pav bhaji, with paneer cheese in the bhaji
- Mushroom pav bhaji, with mushrooms in the bhaji
- Khada pav bhaji, with vegetable chunks in the bhaji
- Jain pav bhaji, without onions and garlic^[7] and with plantains instead of potatoes^[8]
- Kolhapuri pav bhaji, using a spice mix common in Kolhapur
- White pav bhaji, with no garam masala or no chilli powder.

References

1. Najmi, Quaid. "Meet Mumbai's rags-to-riches Restaurant King" (<http://www.newindianexpress.com/business/news/Meet-Mumbai-rags-to-riches-Restaurant-King/2013/11/06/article1875361.ece>). *The New indian Express*. Retrieved 31 May 2015.

2. Patrao, Michael. "Taking pride in our very own pav" (<http://www.deccanherald.com/content/32025/else-where.html>). *Deccan Herald*. The Printers (Mysore) Private Ltd. Retrieved 31 May 2015.

Pav Bhaji



Alternative names	Bhaji-pav
Course	Snacks
Place of origin	 India
Region or state	Maharashtra
Main ingredients	Bread, mixed vegetables
 Cookbook: Pav Bhaji  Media: Pav Bhaji	

3. Patel, Aakar. "What Mumbaikars owe to the American Civil War: 'pav bhaji'" (<http://www.livemint.com/Leisure/jydWXXQfOONBU8jaCtLAXO/What-Mumbaikars-owe-to-the-American-Civil-War-8216pav-bh.html>). *Live Mint*. HT Media Limited. Retrieved 31 May 2015.
4. Munshaw-Ghildiyal, Rushina. "A feast of flavours" (<http://www.hindustantimes.com/mumbai/a-feast-of-flavours/article1-722425.aspx>). *Hindustan Times*. HT Media Limited. Retrieved 31 May 2015.
5. Pathak, Anil. "'Bhaji pav' to invade NY's Times Square" (<http://timesofindia.indiatimes.com/city/ahmedabad/Bhaji-pav-to-invade-NYs-Times-Square/articleshow/46999100.cms>). *Times of India*. Bennett, Coleman & Co. Ltd. Retrieved 13 January 2015.
6. Rajesh, Monisha. "10 of the best street foods in Mumbai" (<https://www.theguardian.com/travel/2012/mar/01/10-best-street-food-mumbai-india>). *The Guardian*. Guardian News and Media Limited. Retrieved 2 September 2015.
7. Dalal, Tarla (2010). *Mumbai's Roadside Snacks* (<https://books.google.de/books?id=4kjEPd1NmmkC&pg=PA60>). Mumbai: Sanjay & Company. p. 60. ISBN 978-81-89491-66-6. Retrieved 31 May 2015.
8. Kumar, Shikha. "In search of the perfect pav bhaji" (<http://www.hindustantimes.com/brunch/in-search-of-the-perfect-pav-bhaji/story-NGNxEke5VWUSea2kybkFWN.html>). *Hindustan Times*. HT Media Limited. Retrieved 4 March 2017.



Pav bhaji being prepared on an iron tava



A pav bhaji stand at Chandni Chowk, Delhi

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