

Recipe

PALAK BAHAR

By

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Ingredients

- Uncooked pasta – 1 cup
- Milk – 1 Cup
- Butter – 1 Tbsp
- Refined flour (Maida) – 1 Tbsp
- Grated cheese – 2 Tbsp
- Chopped red capsicum – 50 gm
- Chopped yellow capsicum – 50 gm
- Pepper powder – To Taste

Spinach leaves – 200 gm
Salt – To Taste
Cinnamon powder – ½ Tsp
Ginger paste – ½ Tsp
Asafoetida – a Pinch
Boiled spaghetti – 2 Cups

Preparation

For Pasta –

Boil 1 litre water, add salt and pasta and keep stirring. Allow it to cook, take care that it does not get over cooked. Once cooked properly, strain the water and run cold water over it.

For white sauce –

Melt the butter, add maida, and sauté it without browning it . Now add the milk and mix well without forming lumps and cook on slow flame, till the sauce is properly thickened. Add salt and pepper and mix well. Add the boiled pasta, chopped yellow and red capsicum to this sauce and keep aside.

Spinach and Spaghetti –

Cook the spaghetti in a manner similar to pasta. Blanch the spinach leaves by adding little salt to the water and make a paste out of this. Heat butter in a pan, add asafoetida, spinach paste, spaghetti, salt, and pepper, ginger and cinnamon powder. Cook for few minutes.

Serves

In a baking dish add the layer of spinach leaves and spaghetti. Then put a layer of pasta and white sauce. Repeat the earlier layer. Garnish with boiled yellow corn and grated cheese. Bake this for 10 mins on 280 degrees.

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