

Recipe

Chat Masala

By

Bhaktivedanta Hospital – Diet department



Ingredients

Cumin seeds (Jeera) – 50gm
Coriander seeds (Whole Dhania) – 25gm
Dry Mango Powder (Amchur powder) – 50gm
Pomegranate seeds – 1 Tsp
Aniseed (Saunf) – 1 1/2 Tsp
Ovum (Ova) – 1 Tsp
Cloves (Lavang) – 4no
Cinnamon (Dalchini) – 1 no
Black Pepper – 1 Tsp
Dry ginger (Soonth) – 1 Tsp

Red chili powder – ½ Tsp
Asafoetida (Hing) – ½ Tsp
Rock Salt (Saindhav) – 1 Tsp
Salt – 1 Tsp
Cardamom Seeds (Elaichi) – 10 no
Nutmeg (Jaiphal) – 1 small piece
Bay leaves – 2no
Dry Mint Leaves – 1 Fistful
Citric acid – 1 Tsp

Preparation

Dry roast all the ingredients separately in a pan (Except Dry mango powder).
Mix all the ingredients.
Store in a dry air tight container.

For further details please contact

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**Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Rama Hare Rama Rama Rama Hare Hare**