Sambar Masala

by Bhaktivedanta Hospital - Diet Dept.

"Krishna is very kind. Therefore, He has given us his remnants of food stuff"

Ingredients

Coriander seeds	50gm
Dry red chilies	5-6no
Cumin seeds (Jeera)	5gm
Black gram dal (Urad dal)	5gm
Bengal gram dal (Chana dal)	5gm
Black pepper	1 Tsp
Fenugreek seeds	1 Tsp
Mustard seeds	1/4th Tsp
Asafoetida	1/4th Tsp
Turmeric	½ Tsp

Preparation :

1. Lightly roast each ingredient separately in a dry frying pan with very little oil.
2. Mix all the ingredients and grind in a mixer to make a fine powder.
3. Store in a dry air tight container.

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