

Recipe

Sunday Masala

By

Bhaktivedanta Hospital – Diet department



Ingredients

Coriander seeds (Whole dhania) - 30gm
Red Chilies - 15gm
Dry Ginger (Soonth) - 1 PIECE
Cinnamon (Dalchini) - 10 GMS
Caraway seeds (Shahijeera) - 10 GMS
Black pepper - 10 GMS
Aniseed (Saunf) - 10 GMS
Lichen (Dagad Phool) - 2 No.
Asafoetida (Hing) - A Pinch
Bay Leaf - 5 gm
Saffron flower (Nagakesar) - 5 gm
Dry coconut - 15 gm

Preparation

Roast all ingredients in little oil and make a fine powder.
Store in a dry air tight container.

For further details please contact

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Hare Rama Hare Rama Rama Rama Hare Hare